



Learn from yesterday, seek today and aim for tomorrow

Cayton School

Autumn Term 2021 - Weekly Menu

W/C 6/9/21, 27/9, 18/10, 15/11,
6/12

W/C 13/9/21, 4/10, 1/11, 22/11,
13/12

W/C 20/9/21, 11/10, 8/11,
29/12

Monday

WEEK 1

- ¹ Beef burger in a bun OR
² Vegetarian sausage in a bun

Chipped potatoes
Peas and carrots

Shortbread or fruit yogurt

WEEK 2

- ¹ Chicken quesadilla OR
² Vegetarian quesadilla

Rice, sweetcorn and green beans,
wholemeal bread

Sultana oat cookie or fruit yogurt

WEEK 3

- ¹ Minced beef and dumplings OR
² Quorn mince and dumplings

½ jacket potato, mixed vegetables,
wholemeal bread

Chocolate crispy or fruit yogurt

Tuesday

WEEK 1

- ¹ Quorn cottage pie OR
² Tomato pasta

Green beans and sweetcorn
Crusty bread

Cheese and crackers or fruit yogurt

WEEK 2

- ¹ Pasta bolognaise OR
² Quorn bolognaise

Mixed vegetables and garlic bread

Cheese and crackers or fruit yogurt

WEEK 3

- ¹ Cheese and tomato Pasta OR
² Quorn dippers, wedges, tomato sauce

Vegetables and herby bread

Cheese and crackers or yogurt

Wednesday

WEEK 1

- ¹ Roast chicken OR
² Vegetarian roast

Sage and onion stuffing and gravy, roast
potatoes, medley of vegetables, 50/50
bread

Fruit muffin

WEEK 2

- ¹ Toad in the hole OR
² Vegetarian sausage toad in the hole

Creamy mash, mixed vegetables, onion
gravy, 50/50 bread

Orange jelly or yogurt

WEEK 3

- ¹ Roast Pork OR
² Vegetarian burger

Creamy mashed potato, gravy broccoli
and carrots

Jam Sponge cake or yogurt

Thursday

WEEK 1

- ¹ Mexican tortilla boats OR
² Mexican Quorn tortilla boats

Savoury rice, carrots and broccoli, pitta
bread

Fruit yogurt

WEEK 2

- ¹ Cheese and tomato pizza OR
² Vegetable fajita

Potato wedges, crunchy vegetable sticks

Flapjack

WEEK 3

- ¹ Chicken korma and rice OR
² Vegetarian korma

Green beans and cauliflower, garlic naan
bread

Fruit yogurt

Friday

WEEK 1

- ¹ Harry Ramsden's Battered fish OR
² Cheese and onion quiche

½ jacket potato, baked beans and peas,
bread

Chocolate cake or yogurt

WEEK 2

- ¹ Fish fingers OR
² Cheese pastry

Chipped potatoes, carrots and peas,
bread, tomato ketchup

Fruit shortcake or yogurt

WEEK 3

- ¹ Battered Fish OR
² Vegetarian sausage

Chipped potatoes, baked beans and
peas, bread

Iced cake or yogurt

**** Fresh fruit available every day for dessert ****