



# Bowhill Lunch Menu - Autumn Term 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weeks commencing: 4 September, 25 September, 16 October, 13 November, 4 December</b>				
Lasagne and Garlic Bread (2a,7)  Veggie Burger (v) (2a,7,9)  Jacket Potato with a Selection of Fillings  Raspberry Flapjack (2b)	Roast Chicken and Gravy (1,2a,2c,13) Stuffing (2a) and Yorkshire Pudding (2a,4,9)  Nut Roast (v) (2a,4,10)  Roast Potatoes, Mashed Potato (7),  Flavoured Ice Cream (7)	Homemade Beef Stew , Dumplings and Boiled Potatoes (2a,2c,13)  Macaroni Cheese and Garlic Bread (v) (2a,7)  Jacket Potato with a Selection of Fillings  Fruit Jelly and Cream (7)	Oven Baked Fish Cake and Chips (7,5,9)  Quorn Veggie Sausage (v) (2a, 7,9)  Jacket Potato with a Selection of Fillings  Pasta (2a), Beans Tomato Sauce  Chocolate Brownie (2a,4,7)	Sausage with Gravy (2a,7,13)  Vegetable Curry and Naan Bread (1, 2a,7) and Rice (2a)  Jacket Potato with a Selection of Fillings  Mashed Potato (7), Pasta (2a)  Selection of Desserts
<b>Weeks commencing: 11 September, 2 October, 30 October, 20 November, 11 December</b>				
Homemade Pasta Bolognese with Crusty Bread (2a)  Vegetable Cottage Pie (v) (2a,7)  Jacket Potato with a Selection of Fillings  Carrot Cake (2a,2c,4,7,13)	Roast Turkey and Gravy (1,2a,2c,13) Stuffing (2a) and Yorkshire Pudding (2a,4,9)  Vegetable Roast (v) (2a,4,10)  Roast Potatoes, Mashed Potato (7),  Flavoured Ice Cream (7)	Homemade Breaded Chicken in Wholemeal Breadcrumbs (2a,4,7)  Cauliflower Cheese (v) (2a,7,9)  Jacket Potato with a Selection of Fillings  Mashed Potato (7), Pasta (2a)  Apple Cake and Custard (2a,4,7)	Oven Baked Fish Fingers and Chips (1,2a,5,7,9,13)  Homity Pie (2a,7)  Jacket Potato with a Selection of Fillings  Pasta (2a), Beans Tomato Sauce  Chocolate Cracknel (2a,7) Fruit Juice	Mixed Grill (Sausage and Bacon) with Oven Baked Potato Wedges and Baked Beans 2a,7,9,13,14)  Quorn Vegetable Lasagne and Garlic Bread (v) (2a,7)  Jacket Potato with a Selection of Fillings  Selection of Desserts
<b>Weeks commencing: 18 September, 9 October, 6 November, 27 November</b>				
Beef Burger with Cheese (optional) (2a,7,14)  Tomato Pasta Bake (v) (2a,7)  Jacket Potato with a Selection of Fillings  Banana Cake (2a,4,7)	Roast Gammon and Gravy (1,2a,2c,13) with Pineapple (optional) Yorkshire Pudding (2a,4,9)  Nut Roast (v) (2a,4,10)  Roast Potatoes, Mashed Potato (7),  Flavoured Ice Cream (7)	Tuna Pasta Bake (2a,5)  Homemade Cheese and Tomato Pizza (v) (2a,7)  Jacket Potato with a Selection of Fillings  Oven Baked Potato Wedges, Pasta (2a)  Fruit Crumble and Custard (2a,7)	Oven Baked Fish Fingers and Chips (1,2a,5,7,9,13)  Cheese and Broccoli Quiche (v) (2a,4,7,9)  Jacket Potato with a Selection of Fillings  Pasta (2a), Beans Tomato Sauce  Custard Biscuits (2a,7)	Homemade Chicken Curry and Naan Bread (2a,7,10), Rice (2a)  Quorn Stir Fry and Noodles (v) (2a)  Jacket Potato with a Selection of Fillings  Selection of Desserts

Available Daily : A minimum of three vegetables to choose from. A range of freshly prepared salads from our salad bar. A selection of Jacket Potato fillings including Cheddar Cheese(7), Baked Beans, Dolphin Friendly Tuna Mayo(7), Coronation Chicken(7), Homemade Rustic Coleslaw and Chicken Mayo (7). Fresh Fruit, Low Fat Fruit Yoghurts (7), Fruits in Juice, Milk and Water and Bread (2a)