

THE GOWER SCHOOL

Autumn Term Menu 2011 – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Spaghetti with fresh pesto sauce and grated cheese	Sausage and root vegetable stew with crispy baguette	Vegetable and soya lasagne served with sweet corn	Mild vegetable and chickpea curry with basmati rice and cucumber relish	Spanish omelette, baked beans, carrots, peas and coleslaw
Dessert	Plum sponge and yoghurt	Vanilla custard with apricot puree	Fresh fruit salad and yoghurt	Melon grape and pineapple fruit salad with crème fraiche	Apricot and sultana flapjacks with fresh cream
Tea	Wholemeal rolls with cheese or egg mayonnaise served with carrot and cucumber sticks	Vegetable, split pea and lentil soup	Potato wedges with paprika served with fresh tomato sauce and carrot sticks	Beans on toast with tomatoes	Crumpets with scrambled egg

We use low salt stock, ingredients with reduced salt and sugar and fruit in natural juices

Fresh, seasonal fruit and vegetable purees made daily

Dairy free alternatives used wherever necessary

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Autumn Term 2011 Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Penne pasta with spinach, peas and cream sauce served with sweetcorn	Thick sweet potato, carrot and squash soup with pearl barley, and wholemeal bread	Chili con carne with rice	TOFU and vegetable burritos with sour cream and a mixed salad	Mixed herb cous cous served with roasted vegetables and tomato sauce
Dessert	Apricot crumble with custard	Mandarin cheese cake	Sultana and cinnamon stewed apples	Fresh fruit salad with honey yoghurt	Creamed rice with peaches
Tea	Omelette with toast fingers and baked beans	Fresh tomato and basil soup with croutons	Potato and chive salad or carrot and orange salad with wholemeal bread	Tomato and basil pasta	Spiced savoury rice with grated cheese

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Autumn Term Menu 2011 – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Macaroni cheese bake	Vegetarian Shepards pie with garden peas	Rice and vegetable tian with baked beans and cucumber sticks	Tomato, bean and pasta soup with crusty bread	Mixed vegetable risotto with grated cheese and a dressed green salad
Dessert	Pineapple crumble with custard	Fresh fruit salad with honey yoghurt	Peaches and custard	Fruit jelly	Apple cake and fresh cream
Tea	Toasted pitta bread with houmous, cream cheese and crudités	Chinese style noodles with mixed vegetables	Potato and leek soup	Baked potatoes with cheese and beans	Creamy vegetable soup with garlic croutons

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