

MANSEL MENU AUTUMN 2020

Week 1	Monday	Tuesday 	Wednesday	Thursday	Friday
Dish 1	Pork Posh Dogs	Spaghetti Bolognese with Garlic Bread V	Roast Pork Loin and Gravy	Cheese, Tomato and Tuna Pizza	Fish and Chips
Dish 2 (vegetarian)	Mac 'n' Cheese V	Baked Sausage roll Vg	Quorn Chili and (50/50) Rice V	Veggie Nuggets and Bean Wrap V	Cheddar Cheese Flan V
Dish 3 (Sandwiches)	Cheese or Turkey	Cheese or Tuna Mayo	Cheese or Turkey	Cheese or Ham	Cheese or Tuna Mayo
Dish 4 (Jacket Potato)	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling
Dessert and fruit Choice	Chocolate Sponge and Chocolate Sauce	Fruity Flapjack	Cheese and Crackers	Coconut and Pineapple Sponge with Custard	Vanilla Ice Cream
Week 2	Monday	Tuesday	Wednesday	Thursday 	Friday
Dish 1	Pork Steak with Gravy	BBQ Chicken and Rice Wrap	Homemade Beef Burger in a bun with Ketchup	Meatballs with Tomato Sauce and 50/50 rice V	Fish and Chips
Dish 2 (vegetarian)	Quorn dippers with Homemade Tomato sauce V	Quorn & Pasta with Tomato and Basil Sauce & Garlic bread V	Vegetable and Lentil Cottage Pie with Gravy V	Red Pepper, Bean and Cheese Quesadilla V	Vegetable Curry with 50/50 Rice and Naan bread V
Dish 3 (Sandwiches)	Cheese or Turkey	Cheese or Tuna Mayo	Cheese or Turkey	Cheese or Tuna Mayo	Cheese or Ham
Dish 4 (Jacket Potato)	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling
Dessert and fruit Choice	Lemon Drizzle Cake with Custard	Strawberry Mousse	Seasonal Fruit Crumble with Custard	Chocolate Brownie	Strawberry Ice Cream
Week 3	Monday	Tuesday	Wednesday 	Thursday	Friday
Dish 1	All Day Breakfast	Roast Chicken, Stuffing & Gravy	Meat Free Bangers and Mash V	Chicken Curry with 50/50 Rice and Naan	Fish and Chips
Dish 2 (vegetarian)	Quorn Chow Mein with 50/50 Rice V	Baked Veggie Burger on a bap V	Cheese and Tomato Spaghetti with Crusty Bread V	Bolognese and Mozzarella Pizza V	Jacket wedge and Bean Bake V
Dish 3 (Sandwiches)	Cheese or Turkey	Cheese or Ham	Cheese or Tuna Mayo	Cheese or Turkey	Cheese or Tuna Mayo
Dish 4 (Jacket Potato)	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling	Jacket Potato & Filling
Dessert and fruit choice	Apple and Cinnamon Sponge with Custard	Homemade Shortbread	Chocolate and Orange Crunch	Fruit Cheesecake	Chocolate Ice Cream



Available daily	
•	Seasonal Vegetables
•	Salad Bar
•	Bread
•	Fresh Fruit
•	Drinking Water

V – Vegetarian
Vg - Vegan

September				
		2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		
October				
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
Half Term				

***Dinners cost £2.00 per day or £10.00 per week. Dinners should be paid for in advance in class or at the main school office.**