

High Bickington Academy Meal Menu - Autumn Term 2019



	Week 1: 9/9, 7/10, 11/11, 9/12	Week 2: 16/9, 14/10, 18/11, 16/12	Week 3: 23/9, 28/10, 25/11	Week 4: 30/9, 4/11, 2/12
Monday	Macaroni Cheese Crusty bread and mixed vegetables Raspberry Muffin	Beef Lasagne Crusty Bread & Mixed Veg Peach Melba	Beef Burger in a Bap Potato wedges, baked beans & sweetcorn Iced sponge	Spaghetti Bolognese Crusty Bread, Peas & Carrots Fruit and Meringue Nests
Tuesday	Sausage & Bacon Hash Brown, Scrambled egg, Baked Beans, tomatoes & mushrooms Tinned Fruit and Ice Cream	West Country Sausages Creamed potato & vegetables Fruit crumble with custard	Tomato & Cheese Pasta Bake Crusty bread and mixed vegetables Chocolate brownies	Sausage Rolls Creamed potatoes & seasonal vegetables Iced Fruit Smoothies
Wednesday	Roast Pork Roast or creamed potatoes & seasonal vegetables Fruit Platter	Roast Turkey Roast or creamed potatoes & seasonal veg Fruit Platter	Roast Gammon Roast or creamed potatoes & seasonal vegetables Fruit Platter	Roast Chicken Roast or creamed potatoes & seasonal vegetables Fruit Platter
Thursday	Chicken Pasta Bake Sweetcorn & peas Sticky toffee pudding & fudge sauce	Hunters Chicken Rice & Mixed Vegetables Fruit jelly	Chicken with BBQ sauce on the side Pasta salad & Coleslaw Eves pudding & custard	Cheese & Tomato Pizza Potato wedges & seasonal veg Angel delight with fruit
Friday	Oven Baked Fish in Breadcrumbs Golden fries, baked beans and carrots Chocolate date cookies	Fish Fingers Golden fries & seasonal vegetables Chocolate cracknel	Fish Bites Golden fries & seasonal veg Oaty Raisin Cookies	Salmon or Cod Fish Cakes Golden fries & seasonal vegetables Custard Biscuits