

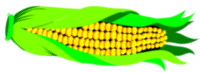
Greenside Food Experience Autumn Term 2018 Week 1, 4 & 7 Menu

Monday

Mrs Williams'
Special Veggie curry
Basmati Rice
or
Tomato & Veggie
Sauce
Grated cheese

Indian Chopped
Salad with
Poppadums

Yogurt with a range
of
healthy toppings



Tuesday

Spaghetti Bolognaise
or
Roast Pepper &
Sweet Potato Soup
With bread

Tomato, basil and
cucumber salad

Jam & Coconut
Sponge



Wednesday

Jacket potatoes
With baked beans &
Humus

Pasta Salad

Sweetheart slaw
with passionfruit
dressing

Seasonal Fruit
Smoothies



Thursday

Japanese Veggie Stir
Fry
or
Veggie Katsu Curry

Rice

Edamame Bean
Salad with soya
sauce dressing

Watermelon &
Pineapple

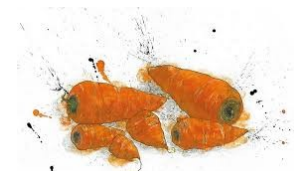


Friday

Falafel & Fries
or
Pasta with Tomato
& Basil Sauce

Crunchy Salad
& cucumber

Seasonal Fruit
ready for PE!



Greenside Food Experience Autumn Term 2018 Week 2 & 5 Menu

Monday

Mac n Cheese

or

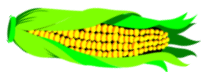
Jacket potato with
curried baked beans

Peas, green beans
and spinach

Italian tomato &
basil salad

Yogurt with a range
of

healthy toppings



Tuesday

7 Veg Savoury Rice
with fabulous boiled
eggs

or

Spinach & Cheese Pie

Buttered carrots

Cucumber salad

Chocolate Banana
Cake



Wednesday

Pasta Day!

Penne with a choice
of sauce

Tomato & Basil

Pesto

Veggie Carbonara

Buttered Carrots

Green Salad

Chocolate Mouse



Thursday

Greenside Burrito

Or

Jacket potato with
curried baked beans

Quinoa Salad

Cucumber

Watermelon &

Pineapple



Friday

Homemade

Margarita Pizza

or

Pasta with Tomato
& Basil Sauce

Crunchy Salad
& cucumber

Seasonal Fruit
ready for PE!



Greenside Food Experience Autumn Term 2018 Week 3 & 6 Menu

Monday

Fabulous Veggie

Lasagne

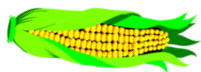
or

*Jacket potato with
beans & grated
cheese*

Garden Peas

Seasonal Salad

*Yogurt with a range
of
healthy toppings*



Tuesday

*Chinese Noodle Stir
Fry*

or

*Noodle Soup
with Bread*

*Crunchy Salad &
Cucumber*

*Strawberries &
Cream*



Wednesday

*Jacket potatoes
With baked beans &
Humus*

Pasta Salad

*Tomato, basil and
cucumber salad*

Carrot Cake



Thursday

*Greenside Veggie
Chilli with rice*

or

Mexican Fajita Wrap

Nachos

Mexican Salads

*Watermelon &
Pineapple*



Friday

*Falafel & Fries
or*

*Pasta with Tomato
& Basil Sauce*

*Crunchy Salad
& cucumber*

*Seasonal Fruit
ready for PE!*



Fruit