

# RUSH COMMON SCHOOL – SPRING MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<b>Cheesy Tomato Pasta bake served with Garlic Bread</b>	<b>Chicken cooked in breadcrumb served with BBQ Sauce and Baked Wedges</b>	<b>Roast Chicken with Yorkshire Pudding</b>	<b>Italian Style Beef Bolognaise with a sprinkle of Pecorino Cheese</b>	<b>Battered Fish</b>
VEGETARIAN DISH	<b>Creamy Mac and Cheese with Garlic Bread</b>	<b>Veggie Dippers served with BBQ Sauce</b>	<b>Roasted Quorn Fillet</b>	<b>Vegetable Bolognaise with a sprinkle of Pecorino Cheese</b>	<b>Vegetarian Hot Dog with fried Red Onion</b>
POTATO & VEGETABLES	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>
DESSERT OR FRESH FRUIT	<b>Apple and Cinnamon Crumble Or Fresh Fruit</b>	<b>Flapjack Or Fresh Fruit</b>	<b>Cake Or Fresh Fruit</b>	<b>Lemon Shortbread Or Fresh Fruit</b>	<b>Choc Ice Or Fresh Fruit</b>

# RUSH COMMON SCHOOL – SPRING MENU

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<b>Vegetarian Pizza covered with vegetables</b>	<b>Homemade Chicken, Gammon and Leek Pie served on a bed of creamy mash</b>	<b>Roast Chicken served with Yorkshire Pudding</b>	<b>Pork Sausages served with Herby New Potatoes and Rich Onion Gravy</b>	<b>Chicken Nuggets</b>
VEGETARIAN DISH	<b>Mediterranean Pasta Bake</b>	<b>Homemade Vegetarian Pie</b>	<b>Roasted Quorn Fillet</b>	<b>Vegetarian Sausages served with Herby New Potatoes</b>	<b>Baked Potato with Cheese and Beans</b>
POTATO & VEGETABLES	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>
DESSERT OR FRESH FRUIT Or YOGHURT	<b>Orange Flavoured Jelly or Fresh Fruit</b>	<b>White Choc Chip Cookie Or Fresh Fruit</b>	<b>Blackberry and Apple Crumble Or Fresh Fruit</b>	<b>Syrup Sponge with Vanilla Sauce Or Fresh Fruit</b>	<b>Ice Cream Or Fresh Fruit</b>

# RUSH COMMON SCHOOL – SPRING MENU

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<b>Margherita Pizza served with Garlic and Herb Wedges</b>	<b>Hunters Chicken served on a bed of steamed rice</b>	<b>Roast Chicken with Yorkshire Pudding</b>	<b>Cheesy Topped Cottage Pie</b>	<b>Battered Fish</b>
VEGETARIAN DISH	<b>Vegetable Burger in a Bun served with Garlic and Herb Wedges</b>	<b>Hunters Quorn served on a bed of steamed rice</b>	<b>Roasted Quorn Fillet</b>	<b>Homemade Veggie Cottage Pie</b>	<b>Baked Potato with Cheese and Beans</b>
POTATO & VEGETABLES	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>	<b>A Selection of Seasonal Vegetables and Potato</b>
DESSERT OR FRESH FRUIT	<b>All Buttered Shortbread Or Fresh Fruit</b>	<b>Chocolate Chip Cookie Or Fresh Fruit</b>	<b>Flapjack Or Fresh Fruit</b>	<b>Lemon Drizzle Sponge Or Fruit</b>	<b>Choc Ices Or Fresh Fruit</b>