

RUSH COMMON SCHOOL – SPRING MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese, Tomato and Basil Pasta Bake	Butchers Sausage's with Mashed Potato and Gravy	Roast Chicken with Yorkshire Pudding	Battered Chicken Bites served with a Sweet n Sour Sauce & Rice	Battered Fish
VEGETARIAN DISH	Margarita Pizza with Herby Potato Wedges	Vegetarian Sausage's with Mashed Potato and Gravy	Roasted Quorn Fillet	Mac N Cheese with Garlic Bread	Jacket Potato served with Cheese & Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables
DESSERT OR FRESH FRUIT	Strawberry Mousse Or Fresh Fruit	Cherry Shortbread Cookies Or Fresh Fruit	Chocolate Cornflake Crunch Or Fresh Fruit	Chocolate Chip Cookie or Fresh Fruit	Choc Ice Or Fresh Fruit

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chunky Vegetable Pasta Bake	Crispy Chicken Burger served with Wedges	Roast Chicken with Yorkshire Pudding	Mild Chilli with Rice and Nachos	Chicken Nuggets
VEGETARIAN DISH	Authentic Vegetable Curry & Steamed Rice & Naan Bread	Vegetable Burger served with Wedges	Roasted Quorn Fillet	Vegetable Burrito	Jacket Potato served with Cheese & Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables
DESSERT OR FRESH FRUIT	Fruit Flavoured Jelly Or Fresh Fruit	Fruit Crumble with Custard Or Fresh Fruit	Original Flapjack Or Fresh Fruit	Steamed Chocolate Cake Or Fresh Fruit	Choc Ice Or Fresh Fruit

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cherry Tomato and Pesto Pizza with Potato Wedges	Italian Style Meatballs served with Rice	Roast Chicken with Yorkshire Pudding	Bolognaise Pasta Bake served with Garlic Bread	Battered Fish
VEGETARIAN DISH	Cheese & Tomato Pasta Bake with Garlic Bread	Plant Based Meatballs served with Rice	Roasted Quorn Fillet	Vegetarian Pasta Bake served with Garlic Bread	Jacket Potato served with Cheese & Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables	A Selection of Seasonal Vegetables
DESSERT OR FRESH FRUIT Or YOGHURT	Chocolate Mousse or Fresh Fruit	Syrup Sponge with Custard Or Fresh Fruit	Mixed Fruit Cookie Or Fresh Fruit	Iced Sprinkle Cake Or Fresh Fruit	Choc Ice Or Fresh Fruit