

# RUSH COMMON SCHOOL – AUTUMN MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<b>Cheese and Tomato Pasta Bake</b>	<b>Beefburger served with Potato Wedges</b>	<b>Roast Chicken with Yorkshire Pudding</b>	<b>Italian Style Meatballs served with Rice</b>	<b>Battered Fish</b>
VEGETARIAN DISH	<b>Vegan Sausage Roll with Parmenter Potato's</b>	<b>Garlic and Herb Roasted Vegetables with lightly spiced Cous Cous</b>	<b>Roasted Quorn Fillet</b>	<b>Cheese and Tomato Pasta Bake with Garlic Bread</b>	<b>Jacket Potato served with Cheese or Beans</b>
POTATO & VEGETABLES	<b>A Selection of Seasonal Vegetables</b>	<b>A Selection of Seasonal Vegetables</b>	<b>A Selection of Seasonal Vegetables</b>	<b>A Selection of Seasonal Vegetables</b>	<b>A Selection of Seasonal Vegetables</b>
DESSERT OR FRESH FRUIT	<b>Strawberry Mouse Or Fresh Fruit</b>	<b>Chocolate topped flapjack Or Fresh Fruit</b>	<b>Sticky Ginger Cake Or Fresh Fruit</b>	<b>White Chocolate &amp; Cranberry Cookie or Fresh Fruit</b>	<b>Choc Ice Or Fresh Fruit</b>

# RUSH COMMON SCHOOL – AUTUMN MENU FOR THE PERIOD 30 SEPTEMBER – 20 DECEMBER 2024

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cherry Tomato and Fresh Basil Topped Pizza with Slaw and Wedges	Chicken and Bacon Lasagne with Garlic Bread	Roast Chicken with Yorkshire Pudding	Hot Dog with Potato Wedges	Chicken Nuggets
VEGETARIAN DISH	Spinach and Chickpea Tikka Masala served with Plain rice	Vegetable Lasagne served with Garlic Bread	Roasted Quorn Fillet	Vegetarian Hot Dog with Potato Wedges	Jacket Potato served with Cheese or 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	Fruit Flavoured Jelly or Fresh Fruit	Cherry Shortbread Or Fresh Fruit	St Clements Cake with Drizzled Icing Or Fresh Fruit	Original Flapjack with a hint of Ginger Or Fresh Fruit	Choc Ice Or Fresh Fruit

# RUSH COMMON SCHOOL – AUTUMN MENU FOR THE PERIOD 30 SEPTEMBER – 20 DECEMBER 2024

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<b>Cheese and Tomato Pasta Bake</b>	<b>Bolognaise Pasta Bake served with Garlic Bread</b>	<b>Roast Chicken with Yorkshire Pudding</b>	<b>Sweet Chilli Chicken served with Potato Wedges</b>	<b>Battered Fish</b>
VEGETARIAN DISH	<b>Vegetable Korma served with Rice and Naan Bread</b>	<b>Vegan Meatballs on a bed of Fluffy Rice</b>	<b>Roasted Quorn Fillet</b>	<b>Roasted Mediterranean Vegetable Pasta Bake with Garlic Bread</b>	<b>Jacket Potato served with Cheese or Beans</b>
POTATO & VEGETABLES	<b>A Selection of Seasonal Vegetables</b>	<b>A Selection of Seasonal Vegetables</b>	<b>A Selection of Seasonal Vegetables</b>	<b>A Selection of Seasonal Vegetables</b>	<b>A Selection of Seasonal Vegetables</b>
DESSERT OR FRESH FRUIT	<b>Chocolate Mouse Or Fresh Fruit</b>	<b>Fruity Flapjack Or Fresh Fruit</b>	<b>Carrot Cake Or Fresh Fruit</b>	<b>Chocolate Krispie Cake Or Fresh Fruit</b>	<b>Choc Ice Or Fresh Fruit</b>