

RUSH COMMON SCHOOL – AUTUMN MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Tomato Pasta Bake served with Mixed Leaf Salad	BBQ Turkey Meatballs served with Fluffy Rice	Roast Chicken with Yorkshire Pudding	Baked Spaghetti Bolognaise with Garlic Bread	Battered Fish with Chips
VEGETARIAN DISH	Mediterranean Vegetable Ragu with Gnocchi & Garlic Bread	Cheesy Bean Burrito with Wholegrain Rice	Roasted Quorn Fillet with Yorkshire Pudding	Baked Vegetarian Spaghetti Bolognaise with Garlic Bread	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	Chocolate Mousse Or Fresh Fruit	Fudge Cake Or Fresh Fruit	Mixed Fruit Flapjack Or Fresh Fruit	Chewy Oaty Cookie Or Fresh Fruit	Choc Ice Or Fresh Fruit

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Mac & Cheese Topped with Crispy Onions and Garlic Bread	Bolognaise Pasta Bake with Garlic Bread	Sausage Roast with Yorkshire Pudding	Thai Red Chicken Curry with Mixed Rice	Chicken Nuggets with Chips
VEGETARIAN DISH	Vegetarian Mince Chili Con Carni with Yellow Rice	Baked Spaghetti with Roasted Vegetables in Herby Tomato Sauce with Garlic Bread	Vegetarian Sausage Roast with Yorkshire Pudding	Thai Red Vegetable Curry with Mixed Rice	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	Chocolate Topped Flapjack Or Fresh Fruit	Lemon Cake Or Fresh Fruit	Mixed Fruit Shortbread Or Fresh Fruit	Choc Ice Or Fresh Fruit

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Red Onion Pizza served with Garlic and Herb Wedges	Chicken Burger served with Diced Herby Potatoes	Roast Chicken with Yorkshire Pudding	Butchers Sausages with Mashed Potato and Gravy	Battered Fish with Chips
VEGETARIAN DISH	Vegetable Bolognaise Pasta Bake	Vegetable Burger served with Diced Herby Potatoes	Roasted Quorn Fillet with Yorkshire Pudding	Vegetarian Sausages with Mashed Potato and Gravy	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	Chocolate Rice Crispy Cake Or Fresh Fruit	Apple Crumble with Custard Or Fresh Fruit	Sticky Original Flapjack Or Fresh Fruit	Rainbow Sprinkled Sponge Or Fresh Fruit	Choc Ice Or Fresh Fruit