



Also available daily!

In addition to our delicious main and vegetarian options, we also have available daily:

- Jacket Potatoes, with a selection of fillings,
- Salad Bar Selection
- Fruit yoghurts
- Individual Cheeses & Biscuits
- Fresh Fruit Salad

Local Suppliers

Community is one of our core values at Tywardreath School. We use these local businesses to supply our catering needs:

- James Kittow
- R J John's
- Westcountry Foods
- M.J. Baker

Autumn 2018 School Menu



Tywardreath
School



WEEK ONE—10/09, 01/10, 29/10, 19/11, 10/12

Monday
 Meatballs in tomato sauce & Wholewheat Pasta
 Vegetable Ravioli (v)
with
 Peas
Oat Cookies

Tuesday
 Cowboy Casserole
 Quorn Sausages (v)
with
 Potato Wedges & Baked Beans or Green Beans
Blackcurrant Cheesecake

Wednesday
 Roast Chicken
 Cauliflower Cheese (v)
with
 Potatoes, Yorkshires, Carrots, Swede & Stuffing
Lemon Drizzle Muffin

Thursday
 Cornish Pasty Pie
 Savoury Quiche (v)
with
 Broccoli or Mixed Vegetables
Fruit Crumble & Custard

Friday
 Fish Fingers
 Cheese & Onion Pasty (v)
with
 Baked Beans, Sweetcorn, Chipped Potatoes
Brownie Slices



WEEK TWO—17/09, 08/10, 05/11, 26/11, 17/12

Monday
 Tuna, Sweetcorn & Broccoli Pasta Bake
 Mixed Bean Pasta Bake (v)
with
 Homemade Bread Rolls
Jelly & Biscuits

Tuesday
 Lasagne
 Vegetable Lasagne (v)
with
 Garlic Bread
Apple Crumble & Custard

Wednesday
 Roast Pork with Sage and Onion Stuffing
 Nut Roast (v)
with
 Apple Sauce, Potatoes, Yorkshires, Carrots, Cabbage
Banoffee Pie

Thursday
 Mild Chicken Curry
 Macaroni Cheese (v)
with
 Rice & Naan Bread
Steamed Sponge Pudding & Custard

Friday
 Battered Cod
 Margherita Pizza (v)
with
 Chips & Baked Beans or Peas
Crispy Cakes



WEEK THREE—24/09, 15/10, 12/11, 03/12

Monday
 Spaghetti Bolognese
 Quorn Bolognese (v)
with
 Wholewheat Pasta, Peas & Garlic Bread
Gingerbread Biscotti

Tuesday
 Sausages
 Vegetable Sausage Roll (v)
with
 Creamed Potato, Cabbage, Gravy
Fruit Pie & Custard

Wednesday
 Roast Gammon & Pineapple
 Ratatouille & Noodles (v)
with
 Potatoes, Cauliflower or Carrots
Banana Muffin

Thursday
 Chicken Pie
 Cheese & Pineapple Pizza (v)
with
 New Potatoes, Mixed Vegetables or Broccoli
Blueberry Tray Bake

Friday
 Fishcakes
 Vegetable Fingers (v)
with
 Chips & Sweetcorn or Baked Beans
White & Dark Chocolate Cookies