

On Track Education Services Barnstaple Menu 30th October - 15th December 2023

	Weeks commencing - 30th October, 20th November and 11th December	Weeks commencing - 6th November and 27th November	Weeks commencing - 13th November and 4th December
M o n d a y	Jacket Potato with Cheese & Beans, Tuna Mayonnaise and Salad Apple & Blackberry Crumble & Custard	Vegetarian Chilli with Rice and Tortilla Chips Apple & Pear Crumble & Custard	Pizza Garlic Bread and Salad Apple & Plum Crumble & Custard
T u e s d a y	Lasagne with Garlic Bread and Broccoli Fruit	Macaroni Cheese with Garlic Bread and Sweetcorn Fruit	Chicken & Sweetcorn Pasta Bake and Broccoli Fruit
W e d n e s d a y	Roast Chicken or Quorn Fillet with Stuffing, Yorkshire Pudding, Mixed Vegetables and Gravy Yogurt	Beef Stew with vegetables and Giant Yorkshire Pudding Jelly & Milkshake	Sausages meat or vegetarian and Yorkshire Pudding, with Roast Potatoes, Mixed Vegetables, Gravy Jelly & Milkshake
T h u r s d a y	Fish Pie and Sweetcorn Toffee Sponge	Shepherds Pie and Broccoli Carrot Cake	Cottage Pie and Carrots Iced Sponge
F r i d a y	Hot Dog in a Roll with Spaghetti Hoops and Salad Choice of sauce sachets Homemade Biscuit	Chicken or Vegetarian Goujons with Chips and Salad Choice of sauce sachets Homemade Biscuit	Fish, Chips and Peas Choice of sauce sachets Homemade Biscuit

