



## Simon Langton Grammar School for Boys

Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses 11/2/19	Chicken Balti Curry -o0o- Vegetable Balti Curry (v)	Steak & Potato Pie -o0o- Vegetable Fajita (v)	<b>Meat Free Day</b> Mixed Pepper & Spring Onion Macaroni Cheese Bake -o0o- Vegetable Kieff	Roast Honey Glazed Gammon -o0o- Vegetable Kebab (v)	Southern Coated Chicken -o0o- Homemade Pizza (v)
Vegetables	Boiled Rice Indian Side Poppadoms	Mashed Potato Carrots & Mixed Vegetables	Green Salad Jacket Wedges Garlic Bread	Roast Potatoes Carrots Garden Peas Roast Parsnips	Chipped Potatoes Spaghetti Hoops
Jackets	Served with Reduced Salt & Sugar Baked Beans, Tuna or Cheese & Green Salad				
Pasta	Chunky Tomato Sauce	Italian Tomato Sauce	Spicy Tomato Sauce	Rich Tomato Sauce	Tomato & Herb Sauce
Desserts	Peach & Summer Fruit Crumble with Custard	Chocolate Sponge with Chocolate Sauce	Jam & Coconut Sponge with Custard	Blueberry Waffle with Cream	Banana Flapjack with Custard

