

# CALPE SCHOOL

2nd October - 27th October 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2nd - 6th Oct	<p>Traditional Shepherd's Pie with lentils, courgettes &amp; carrots</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>	<p>Chicken &amp; Vegetable Paella with roasted cherry tomatoes</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>	<p>Meat &amp; vegetable stew with sweet potato mash &amp; roasted cauliflower</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>	<p>Mild fruity chicken curry with long grain rice</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>	<p><b>FISHY FRIDAY</b> Fresh breaded fish fillets with chips &amp; baked beans</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>
9th - 13th Oct	<p><b>MEAT FREE MONDAY</b> Tortilla, baked beans &amp; grated cheddar cheese</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>	<p>Lasagne &amp; Carrot sticks</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>	<p>Tuna Arrabiata, grated English cheddar &amp; carrot sticks</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>	<b>HOLIDAY</b>	<p>Fresh breaded chicken goujons, with buttered mash potato and steamed broccoli</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>
16th - 20th Oct	<p>Spaghetti Bolognese</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>	<p>Chicken fricassee with leeks, celery &amp; sautéed potatoes served with roasted cherry tomatoes</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>	<p>Meatballs in a tomato and vegetable-based sauce served with rice sautéed in garlic</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>	<b>HOLIDAY</b>	<p><b>FISHY FRIDAY</b> Salmon &amp; leek fishcakes with courgette, aubergine &amp; red pepper medley</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>
23rd - 27th Oct	<p><b>MEAT FREE MONDAY</b> Cheesy jacket potatoes and baked beans</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>	<p>Roast chicken in gravy, roasted potatoes &amp; mixed vegetables</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>	<p>Two bean chilli con carne, steamed rice and corn chips</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>	<p>Spinach, avocado and chicken Quesadillas with chips &amp; sliced red pepper</p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>	<p>Hot Dogs &amp; Chips</p> <p><b>HALLOWEEN</b></p> <p>Fresh Mixed Salad &amp; French Bread</p> <p>Fruit/dessert</p>