

RUSH COMMON SCHOOL – AUTUMN MENU FOR THE PERIOD 4 SEPTEMBER – 27 SEPTEMBER 2024

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Tomato Pasta Bake	Chicken Burger in a Bun served with Potato Wedges	Breaded Chicken Wrap served with Rice	Mild Chilli Nacho with Grated Cheese and Roasted Vegetables	Battered Fish
VEGETARIAN DISH	Mediterranean Pasta Bake	Vegetable Burger in a Bun served with Potato Wedges	Quorn Fillet Wrap served with Rice	Vegetable Chilli Nacho with Grated Cheese and Roasted Vegetables	Jacket Potato served with Cheese or Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT	Strawberry & Vanilla Mouse Or Fresh Fruit	Sprinkle Sponge Cake Or Fresh Fruit	Chocolate Krispy Cake Or Fresh Fruit	Cookie Or Fresh Fruit	Choc Ice Or Fresh Fruit

RUSH COMMON SCHOOL – AUTUMN MENU FOR THE PERIOD 4 SEPTEMBER – 27 SEPTEMBER 2024

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Tomato Pizza	Chicken Ranch Mac n Cheese	Breaded Chicken Wrap served with Rice	Italian Style Bolognese Bake	Chicken Nuggets
VEGETARIAN DISH	Mediterranean Vegetable Pizza	Vegan Sausage Roll with Potato Wedges	Quorn Fillet Wrap served with Rice	Italian Style Vegetarian Bolognese Bake	Jacket Potato served with Cheese or Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT Or YOGHURT	Fruit Flavoured Jelly or Fresh Fruit	Chocolate Sponge Or Fresh Fruit	Chocolate Brownie Or Fresh Fruit	Chewy Oat Cookie Or Fresh Fruit	Choc Ice Or Fresh Fruit

RUSH COMMON SCHOOL – AUTUMN MENU FOR THE PERIOD 4 SEPTEMBER – 27 SEPTEMBER 2024

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Creamy Cauliflower Cheese and Garlic Bread	All Day Breakfast (Bacon, Sausage, Scrambled Egg, Hash Browns, Baked Beans)	Breaded Chicken Wrap served with Rice	Chicken Korma with Rice and Poppadum	Battered Fish
VEGETARIAN DISH	Margarita Stone baked Pizza	Vegetarian All Day Breakfast (Bacon, Sausage, Scrambled Egg, Hash Browns, Baked Beans)	Quorn Fillet Wrap served with Rice	Vegetable & Chickpea Curry	Jacket Potato served with Cheese or Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT	Syrup Sponge Or Fresh Fruit	Golden Cornflake Cookie Or Fresh Fruit	Chocolate Chip Shortbread Or Fresh Fruit	White Chocolate Sponge Or Fresh Fruit	Choc Ice Or Fresh Fruit

RUSH COMMON SCHOOL – AUTUMN MENU FOR THE PERIOD 30 SEPTEMBER – 20 DECEMBER 2024

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Tomato Pasta Bake	Chicken Burger in a Bun served with Potato Wedges	Roast Chicken with Yorkshire Pudding	Mild Chilli Nacho with Grated Cheese and Roasted Vegetables	Battered Fish
VEGETARIAN DISH	Mediterranean Pasta Bake	Vegetable Burger in a Bun served with Potato Wedges	Roasted Quorn Fillet	Vegetable Chilli Nacho with Grated Cheese and Roasted Vegetables	Jacket Potato served with Cheese or Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT	Strawberry & Vanilla Mouse Or Fresh Fruit	Sprinkle Sponge Cake Or Fresh Fruit	Chocolate Krispy Cake Or Fresh Fruit	Cookie Or Fresh Fruit	Choc Ice Or Fresh Fruit

RUSH COMMON SCHOOL – AUTUMN MENU FOR THE PERIOD 30 SEPTEMBER – 20 DECEMBER 2024

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Tomato Pizza	Chicken Ranch Mac n Cheese	Roast Chicken with Yorkshire Pudding	Italian Style Bolognese Bake	Chicken Nuggets
VEGETARIAN DISH	Mediterranean Vegetable Pizza	Vegan Sausage Roll with Potato Wedges	Roasted Quorn Fillet	Italian Style Vegetarian Bolognese Bake	Jacket Potato served with Cheese or Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT Or YOGHURT	Fruit Flavoured Jelly or Fresh Fruit	Chocolate Sponge Or Fresh Fruit	Chocolate Brownie Or Fresh Fruit	Chewy Oat Cookie Or Fresh Fruit	Choc Ice Or Fresh Fruit

RUSH COMMON SCHOOL – AUTUMN MENU FOR THE PERIOD 30 SEPTEMBER – 20 DECEMBER 2024

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Creamy Cauliflower Cheese and Garlic Bread	All Day Breakfast (Bacon, Sausage, Scrambled Egg, Hash Browns, Baked Beans)	Roast Chicken with Yorkshire Pudding	Chicken Korma with Rice and Poppadum	Battered Fish
VEGETARIAN DISH	Margarita Stone baked Pizza	Vegetarian All Day Breakfast (Bacon, Sausage, Scrambled Egg, Hash Browns, Baked Beans)	Roasted Quorn Fillet	Vegetable & Chickpea Curry	Jacket Potato served with Cheese or Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT	Syrup Sponge Or Fresh Fruit	Golden Cornflake Cookie Or Fresh Fruit	Chocolate Chip Shortbread Or Fresh Fruit	White Chocolate Sponge Or Fresh Fruit	Choc Ice Or Fresh Fruit