

Week Three Menu

Served weeks commencing: 11th March / 1st April / 6th May / 3rd Jun / 24th Jun / 15th July / 16th Sept / 7th Oct 2019

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
M O N D A Y	CHICKEN IN TOMATO SAUCE with PASTA TWISTS	QUORN IN TOMATO SAUCE with PASTA TWISTS (V)	Jacket Potato	Cold Deli	CHOCOLATE FUDGE PUDDING
T U E S D A Y	BEEF BURGER WITH POTATO WEDGES	VEGETARIAN HOTDOG WITH POTATO WEDGES (V)	Jacket Potato	Cold Deli	ICED LEMON SPONGE
W E D N E S D A Y	ROAST CHICKEN, ROAST POTATOES AND GRAVY	CHEESE & TOMATO PUFF (V)	Jacket Potato	Cold Deli	CHOCOLATE & COURGETTE MUFFIN
T H U R S D A Y	MINCED BEEF COBBLER	MACARONI CHEESE (V)	Jacket Potato	Cold Deli	STRAWBERRY JELLY WITH ICECREAM
F R I D A Y	FISH FINGERS, BEANS AND CHIPS	VEGETABLE FINGERS, BEANS AND CHIPS (V)	Jacket Potato	Cold Deli	GOOEY ORANGE PUDDING



AVAILABLE DAILY:

Wholemeal bread, fresh salad bar, water, seasonal fresh fruit, fruit yoghurt.



FUEL FOR YOUNG MINDS

School Lunch menu

SPRING '19 – SUMMER '19
February 2019 – October 2019

FOOD for LIFE

With this menu we continue with our achievement of Food for Life Bronze; which briefly means your children are being provided healthy, well balanced and professionally created lunches made from the highest ingredients, including free-range, organic and MSC certified fish.

For more information on the award, please visit foodforlife.org.uk/schools



OUR MENU

- Our menus meet or exceed government food standards for school meals.
- Do not include fish on the Marine Conservation Society 'Fish to Avoid' list.
- Only contain British farm assured meat.
- Are nut free, peanut free and shellfish free



Week One Menu

Served weeks commencing: 25th Feb / 18th March / 22nd April / 13th May / 10th June / 1st July / 22nd July / 2nd Sept / 23rd Sept / 14th Oct 2019

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
M O N D A Y	BBQ CHICKEN WITH RICE	BBQ QUORN PIECES WITH RICE (V)	Jacket Potato	Cold Deli	APPLE CRUMBLE WITH CUSTARD
T U E S D A Y	SPAGHETTI BOLOGNAISE	CHEESE FLAN (V)	Jacket Potato	Cold Deli	CHOCOLATE RICE KRISPIE CAKE
W E D N E S D A Y	ROAST TURKEY WITH ROAST POTATOES & GRAVY	QUORN FILLET WITH ROAST POTATOES & GRAVY (V)	Jacket Potato	Cold Deli	CARROT CAKE
T H U R S D A Y	MEAT PIZZA WITH WEDGES	CHEESE & TOMATO PIZZA WITH WEDGES	Jacket Potato	Cold Deli	JAM TART & CUSTARD
F R I D A Y	SALMON or COD FISH FINGERS WITH CHIPS	VEGETABLE FINGERS WITH CHIPS (V)	Jacket Potato	Cold Deli	PINEAPPLE UPSIDE-DOWN CAKE

Week Two Menu

Served weeks commencing: 4th March / 25th March / 29th April / 20th May / 17th Jun / 8th Jul / 9th Sept / 30th Sept / 21st Oct 2019

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
M O N D A Y	SAUSAGE, MASH & GRAVY	VEGETARIAN SAUSAGE, MASH & GRAVY (V)	Jacket Potato	Cold Deli	CHOCOLATE SPONGE WITH CHOCOLATE SAUCE
T U E S D A Y	SAVOURY MINCED BEEF WITH RICE	VEGETARIAN SAVOURY MINCE WITH RICE	Jacket Potato	Cold Deli	FRUITY FLAPJACK
W E D N E S D A Y	ROAST GAMMON, ROAST POTATOES, AND GRAVY	VEGETARIAN MEATLOAF WITH ROAST POTATOES AND GRAVY (V)	Jacket Potato	Cold Deli	GINGER SPONGE & VANILLA SAUCE
T H U R S D A Y	CHICKEN AND VEGETABLE PIE	MIXED BEAN & VEGETABLE TORTILLA (V)	Jacket Potato	Cold Deli	SHORTBREAD BISCUIT
F R I D A Y	FISH FINGERS WITH CHIPS	CHEESE & TOMATO PASTA BAKE (V)	Jacket Potato	Cold Deli	STICKY TOFFEE PUDDING



AVAILABLE DAILY:

Wholemeal bread, fresh salad bar, water, seasonal fresh fruit, fruit yoghurt.