

ONE

TWO

THREE

3 Sept, 24 Sept, 15 Oct
12 Nov, 3 Dec

10 Sept, 1 Oct, 29 Oct
19 Nov, 10 Dec

17 Sept, 8 Oct, 5 Nov
26 Nov, 17 Dec

MONDAY

Sausage Pasta Bake
Quorn Sausage Pasta Bake
Baked Tomatoes & Peas
Wholemeal Apple Crumble & Custard
Yoghurt / Fresh Fruit Platter

Vegetable Roast in the Hole with New Potatoes
Vegetarian Butternutbean Risotto
Baked Tomatoes & Sweetcorn
Eve's Pudding with Custard
Yoghurt / Fresh Fruit Platter

Wholemeal Cheese & Tomato Pizza
Frye Bean Chilli with Rice
Sweetcorn & Mixed Peppers
Mandarin Upside Down Cake
Yoghurt / Fresh Fruit Platter

TUESDAY

Chicken Tikka with 50/50 Rice
Vegetable Enchiladas with 50/50 Rice
Roasted Peppers, Onions & Green Beans
Breadsticks & Cheese
Yoghurt / Fresh Fruit Salad

Chicken & Broccoli Pasta Bake
Lentil & Sweet Potato Curry with 50 / 50 Rice
Green Beans & Carrots
Cottage Cheese & Crackers
Yoghurt / Fresh Fruit Chunks

Cottage Pie with Gravy
Shepherdess Pie
Green Beans & Glazed Carrots
Rice Pudding with
Apple & Mixed Berries
Yoghurt / Fresh Fruit Platter

WEDNESDAY

Roast (as advertised) with Roast Potatoes & Gravy
Vegetable Wellington with Roast Potatoes & Gravy
Carrot & Swede Mash
Yoghurt & Fruit Station

Roast Turkey with Roast Potatoes & Gravy
Mixed Vegetable Loaf with Roast Potatoes & Gravy
Broccoli & Cauliflower
Yoghurt & Fruit Station

Roast Chicken with Roast Potatoes & Gravy
Quorn Roast with Roast Potatoes & Gravy
Savory Cabbage & Cauliflower Florets
Yoghurt & Fruit Station

THURSDAY

Macaroni Cheese with Garlic Slice
Sweet & Sour Vegetables with Noodles
Sweetcorn & Broccoli
Apple & Raisin Strudel with Custard
Yoghurt / Fresh Fruit Salad

Spaghetti Beef Bolognese
Quorn Mince Bolognese with Spaghetti
Roasted Mixed Vegetables
Oaty Peach Crumble with Custard
Yoghurt / Fresh Fruit Platter

Beef Lasagne with Garlic Bread
Soya Mince Lasagne
Broccoli & Tomato Salad
Pear & Chocolate Sponge with Chocolate Drizzle
Yoghurt / Fresh Fruit Platter

FRIDAY

MSC Salmon Fishcake / Fish Fingers with Chips
Chickpea Aloo Chai with 50/50 Rice
Baked Beans & Garden Peas
Carrot & Courgette Cake with Custard
Yoghurt / Fresh Fruit Platter

MSC Breaded Fish with Chips
Wholemeal Cheese & Tomato Quiche with Chips
Baked Beans & Garden Peas
Chocolate & Banana Square
Yoghurt / Fresh Fruit Salad

MSC Battered Fish with Chips
Red Pepper Fritata with Chips
Garden Peas & Baked Beans
Cheese, Apple & Biscuits
Yoghurt / Fresh Fruit Chunks

AVAILABLE EVERY DAY...

Jacket Potatoes
freshly cooked daily where advertised with a choice of fillings
Bread
freshly baked on site daily
Daily Salad selection
there will be a selection of salad items available daily
Fresh Fruit & Yoghurt
available daily
Milk

WE USE LOCALLY SOURCED INGREDIENTS WHEN AVAILABLE AND IN SEASON

All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards We hope your child enjoys our new menus.

Menus could be subject to local change, please check your child's school for any bespoke changes.

- Vegetarian option
- Oily fish
- Marine Stewardship Council details
- Chain of Custody
- Registration Code MSC-C-54995