



Week Three Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	MEATBALLS IN TOMATO SAUCE WITH RICE	CHEESE & TOMATO PASTA TWISTS	ROAST CHICKEN, ROAST POTATOES AND GRAVY	PASTA BOLOGNAISE	FISH FINGERS and CHIPS
VEGETARIAN	VEGETARIAN MEATBALLS WITH RICE	JACKET POTATO Grated Cheese, Baked Beans or Cheese & Beans	JACKET POTATO Grated Cheese, Baked Beans or Cheese & Beans	MIXED BEAN FAJITA	VEGETABLE NUGGETS and CHIPS
DELI	SANDWICH Cheese, Ham, Egg Mayo or Tuna Mayo	BAGUETTE Cheese, Ham, Egg Mayo or Tuna Mayo	BAGEL Cheese, Ham, Egg Mayo or Tuna Mayo	BAP Cheese, Ham, Egg Mayo or Tuna Mayo	WRAP Cheese, Ham, Egg Mayo or Tuna Mayo
SEASONAL VEGETABLE	Green Beans	Carrots	Cabbage	Cauliflower & Broccoli Medley	Baked Beans
DESSERT	JAM SPONGE With VANILLA SAUCE	CINNAMON COOKIE	ICED LEMON SPONGE CAKE	PEACH CRUMBLE With CUSTARD	CHOCOLATE & ORANGE MUFFIN

SERVED W/C: 02/11, 23/11, 14/12, 11/01, 01/02



Grow
FUEL FOR YOUNG MINDS

School Lunch menu

Food for Life

With this menu we continue with our achievement of Food for Life which 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.

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 HMC certified assured meat. Are nut free.

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





Week One Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	PORK SAUSAGE, MASH & GRAVY	MACARONI CHEESE	ROAST GAMMON, ROAST POTATOES & GRAVY	BEEF LASAGNE	FISH CAKE & CHIPS
VEGETARIAN	VEGETARIAN SAUSAGE, MASH & GRAVY	JACKET POTATO Grated Cheese, Baked Beans or Cheese & Beans	JACKET POTATO Grated Cheese, Baked Beans or Cheese & Beans	VEGETABLE LASAGNE	VEGETABLE FINGERS & CHIPS
DELI	SANDWICH Cheese, Ham, Egg Mayo or Tuna Mayo	BAGUETTE Cheese, Ham, Egg Mayo or Tuna Mayo	BAGEL Cheese, Ham, Egg Mayo or Tuna Mayo	BAP Cheese, Ham, Egg Mayo or Tuna Mayo	WRAP Cheese, Ham, Egg Mayo or Tuna Mayo
SEASONAL VEGETABLES	Garden Peas	Broccoli	Roast Parsnip & Carrot Medley	Green Beans	Baked Beans
DESSERT	APPLE CRUMBLE FLAPJACK	GINGER CAKE With CUSTARD	SHORTBREAD BISCUIT	CHOCOLATE BROWNIE	FRUITY FRIDAY Fresh Fruit Platters

SERVED W/C: 09/11, 30/11, 21/12, 18/01, 08/02



Week Two Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	CHEESE & TOMATO PIZZA with OVEN BAKED WEDGES	MILD CHICKEN CURRY & RICE	ROAST TURKEY, ROAST POTATOES & GRAVY	ALL DAY BREAKFAST – Bacon, Egg, Beans, Potatoes, Tomato	COD FISH FINGERS & CHIPS
VEGETARIAN	JACKET POTATO Grated Cheese, Baked Beans or Cheese & Beans	BBQ VEGETABLE & MIXED BEAN WRAP	JACKET POTATO Grated Cheese, Baked Beans or Cheese & Beans	VEGETARIAN PASTA BOLOGNAISE	VEGETABLE FINGERS & CHIPS
DELI	SANDWICH Cheese, Ham, Egg Mayo or Tuna Mayo	BAGUETTE Cheese, Ham, Egg Mayo or Tuna Mayo	BAGEL Cheese, Ham, Egg Mayo or Tuna Mayo	BAP Cheese, Ham, Egg Mayo or Tuna Mayo	WRAP Cheese, Ham, Egg Mayo or Tuna Mayo
SEASONAL VEGETABLES	Sweetcorn	Cauliflower & Broccoli Medley	Cabbage	Carrots	Garden Peas
DESSERT	APPLE CRUMBLE With CUSTARD	CINNAMON OATY COOKIE	VANILLA ICE-CREAM	BANANA TRAYBAKE	FRUITY FRIDAY Fresh Fruit Platters

SERVED W/C: 16/11, 07/12, 04/01, 25/01, 15/02