



Week Three Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	TUNA PASTA BAKE	BEEF BURGER in a bun with CAJUN POTATO WEDGES & TOMATO KETCHUP	ROAST PORK AND STUFFING, ROAST POTATOES AND GRAVY	SPAGHETTI BOLOGNAISE	FISH FINGERS AND CHIPS
VEGETARIAN	VEGETABLE PASTA BOLOGNESE BAKE	VEGETABLE BURGER in a bun with CAJUN POTATO WEDGES & TOMATO KETCHUP	CHEESE AND POTATO PIE, ROAST POTATOES	VEGETABLE CHILLI AND RICE	VEGETABLE FINGERS AND CHIPS
JACKET POTATO & DELI	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo
	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	GARDEN PEAS & CAULIFLOWER	CORN WHEELS & GARDEN PEAS	ROAST PARSNIPS & BROCCOLI	SWEETCORN & CARROTS	BAKED BEANS
DESSERT	BANANA TRAYBAKE	CHOCOLATE COOKIE	ICE CREAM	CHOCOLATE SPONGE WITH CHOCOLATE SAUCE	FRUITY FRIDAY FRESH FRUIT PLATTERS

SERVED W/C: 13/09, 04/10



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.

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 HMC certified assured meat. Are nut free.





Week One Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	HOT DOG WITH CAJUN POTATO WEDGES (Butcher's Sausage)	BEEF LASAGNE	ROAST CHICKEN, ROAST POTATOES AND GRAVY	CHINESE PORK WITH RICE	FISH FINGERS AND CHIPS (with Ketchup)
VEGETARIAN	HOT DOG WITH CAJUN POTATO WEDGES (Vegetarian Sausage)	VEGETARIAN LASAGNE	VEGETARIAN MEATLOAF	SWEET & SOUR VEGETABLES WITH RICE	VEGETABLE FINGERS AND CHIPS
JACKET POTATO & DELI	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo SANDWICH Cheese, Ham, Egg Mayo or Tuna Mayo	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo BAGUETTE Cheese, Ham, Egg Mayo or Tuna Mayo	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo BAGEL Cheese, Ham, Egg Mayo or Tuna Mayo	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo BAP Cheese, Ham, Egg Mayo or Tuna Mayo	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo WRAP Cheese, Ham, Egg Mayo or Tuna Mayo
SEASONAL VEGETABLES	GARDEN PEAS & HOMEMADE COLESLAW	GREEN BEANS AND CABBAGE	BROCCOLI AND CARROTS	SLICED COURGETTES AND SWEETCORN	BAKED BEANS
DESSERT	JAM SPONGE WITH CUSTARD	ORANGE JELLY WITH MANADRINS	CHOCOLATE MOUSSE	APPLE CRUMBLE WITH CUSTARD	FRUITY FRIDAY FRESH FRUIT PLATTERS

SERVED W/C: 30/08, 20/09, 11/10



Week Two Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	BUTCHER'S SAUSAGE, MASH AND GRAVY	BBQ CHICKEN WRAP WITH POTATO WEDGES	ROAST BEEF AND YORKSHIRE PUDDING, ROAST POTATOES & GRAVY	CHICKEN CURRY WITH RICE	FISH FINGERS AND CHIPS (with Ketchup)
VEGETARIAN	VEGETARIAN SAUSAGE, MASH & GRAVY	BBQ VEGETABLE & MIXED BEAN WRAP with POTATO WEDGES	VEGETARIAN SHEPHERDS PIE	CHEESE AND BROCCOLI QUICHE with NEW POTATOES	VEGETABLE FINGERS AND CHIPS
JACKET POTATO & DELI	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo SANDWICH Cheese, Ham, Egg Mayo or Tuna Mayo	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo BAGUETTE Cheese, Ham, Egg Mayo or Tuna Mayo	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo BAGEL Cheese, Ham, Egg Mayo or Tuna Mayo	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo BAP Cheese, Ham, Egg Mayo or Tuna Mayo	JACKET POTATO Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo WRAP Cheese, Ham, Egg Mayo or Tuna Mayo
SEASONAL VEGETABLES	CARROTS AND BROCCOLI	CAULIFLOWER AND BROCCOLI MEDLEY	GREEN BEANS AND SWEDE PUREE	CARROTS AND CAULIFLOWER	GARDEN PEAS
DESSERT	PEACH & CHERRY CRUMBLE WITH CUSTARD	CHOCOLATE BROWNIE	APPLE PIE WITH CUSTARD	LEMON DRIZZLE CAKE	FRUITY FRIDAY FRESH FRUIT PLATTERS

SERVED W/C: 06/09, 27/09, 18/10