

## Week Three Menu

Served weeks commencing:  
17th Sep, 8th Oct, 5th Nov, 17th Dec, 14th Jan, 4th Feb

	MAIN MEAL	VEGETARIAN	DESSERTS
MONDAY	Chicken Biryani Seasonal Vegetables	Cheese & Broccoli Quiche Seasonal Vegetables	Orange Pudding
TUESDAY	Spaghetti Bolognese Seasonal Vegetables	Mixed Bean Chilli with Rice Seasonal Vegetables	Chocolate & Courgette Muffin
WEDNESDAY	Roast Chicken with Roast Potatoes and Gravy Seasonal Vegetables	Quorn Fillet, Roast Potatoes & Gravy Seasonal Vegetables	Fruit Whip & Fresh Fruit
THURSDAY	Beef Lasagne with Garlic Bread Seasonal Vegetables	Cheese & Tomato Puff Seasonal Vegetables	Jam & Coconut Sponge
FRIDAY	Cod/Salmon fingers with Chips Baked Beans or Peas	Vegetable fingers with Chips Baked Beans or Peas	Rocket Lollies



### AVAILABLE DAILY:

Freshly baked bread, fresh salad bar, water, seasonal fresh fruit, fruit yoghurt.



School Lunch

# menu

SEPTEMBER 2018 TO February 2019

### FOOD for LIFE

With this menu we continue with our achievement of Food for Life Silver; 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](http://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: 3rd Sep, 24th Sep, 15th Oct, 12th Nov, 3rd Dec, 1st Jan, 21st Jan, 11th Feb

	MAIN MEAL	VEGETARIAN	DESSERT
MONDAY	Chicken Enchilada with Yellow Rice Seasonal Vegetables	Macaroni Cheese Seasonal Vegetables	Apple Crumble & Custard
TUESDAY	Pulled Pork in a Bun with Apple Sauce and ½ jacket Potato Seasonal Vegetables	Spicy Bean Burger in a Bun with ½ Jacket Potato Seasonal Vegetables	Sticky Toffee Pudding
WEDNESDAY	Roast Chicken, Mash Potato, stuffing and Gravy Seasonal Vegetables	Tomato & Cheese Pasta Bake Seasonal Vegetables	Carrot Cake
THURSDAY	Sausage and Homemade Beans with Mash Potato Seasonal vegetables	Mixed Bean and Vegetable Tortilla Seasonal vegetables	Chocolate Rice Crispie Cake
FRIDAY	Fish Fingers with Chips Baked Beans or Peas	Vegetable Fingers with Chips Baked Beans or Peas	Fruit Salad with Shortbread

## Week Two Menu

Served weeks commencing: 10th Sep, 1st Oct, 29th Oct, 19th Nov, 10th Dec, 7th Jan, 28th Jan

	MAIN MEAL	VEGETARIAN	DESSERT
MONDAY	Sausage with Mash Potato and Gravy Seasonal Vegetables	Vegetable Sausage with Mash and Gravy Seasonal Vegetables	Apple Flapjack
TUESDAY	Ham & Cheese Pizza with ½ Jacket Potato Sweetcorn & Peas	Cheese & Tomato Pizza with ½ Jacket Potato Sweetcorn & Peas	Chocolate Sponge with Chocolate Sauce
WEDNESDAY	Roast Gammon with Roast Potatoes and Gravy Seasonal Vegetables	Cheese & Tomato Puff Seasonal Vegetables	Mandarins with Ice Cream
THURSDAY	Minced Lamb Cobbler with Rice Seasonal Vegetables	Vegetable Curry with Rice Seasonal Vegetables	Oaty Fruit Crunch
FRIDAY	Fish Fingers and Chips Baked Beans or Peas	Veggie Fingers and chips Baked Beans or Peas	Strawberry Whip



### AVAILABLE DAILY:

Freshly baked bread, fresh salad bar, water, seasonal fresh fruit, fruit yoghurt.