



## Week Three Menu (WC: 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec, 6<sup>th</sup> Jan, 27<sup>th</sup> Jan)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	PASTA with CHEESE OR TOMATO SAUCE	CHICKEN FAJITAS with SAVOURY RICE	ROAST TURKEY ROAST with POTATOES & GRAVY	BEEF LASAGNE	FISH FINGERS & CHIPS
VEGETARIAN	PASTA with CHEESE OR TOMATO SAUCE	BBQ MIXED BEAN WRAP with SAVOURY RICE	ROAST VEGETABLE FRITTATA & ROAST POTATOES	VEGETARIAN PASTA BOLOGNESE	VEGETABLE NUGGETS & CHIPS
SIDE DISH	A SELECTION OF SEASONAL VEGETABLES & SALAD	A SELECTION OF SEASONAL VEGETABLES & SALAD	A SELECTION OF SEASONAL VEGETABLES & SALAD	A SELECTION OF SEASONAL VEGETABLES & SALAD	A SELECTION OF SEASONAL VEGETABLES & SALAD
DESSERTS	CINNAMON SHORTBREAD	CHOCOLATE SPONGE & CHOCOLATE CUSTARD	FRESH FRUIT SALAD	GOOEY ORANGE PUDDING	FRUITY FRIDAY

### AVAILABLE DAILY:

Fresh Salad Bar, Home Baked Bread & Water



## School Lunch menu

Food for Life Silver menu 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)

School meals do not include fish on the Marine Conservation Society 'Fish to Avoid' list. Only contain British HMC certified assured meat and are nut free.





# Week One Menu

(WC: 28<sup>th</sup> October, 18<sup>th</sup> Nov, 9<sup>th</sup> Dec, 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	PORK SAUSAGE MASH & GRAVY	CHINESE CHICKEN NOODLES	ROAST GAMMON, ROAST POTATOES & GRAVY	BBQ CHICKEN with RICE	FISH & CHIPS
VEGETARIAN	VEGETARIAN SHEPHERDS PIE	VEGETABLE STIR FRY with RICE OR NOODLES	CHEESE & BROCCOLI QUICHE with ROAST POTATOES	MARGARITA PASTA BAKE	VEGETARIAN HOT DOG & CHIPS
SIDE DISH	A SELECTION OF SEASONAL VEGETABLES & SALAD	A SELECTION OF SEASONAL VEGETABLES & SALAD	A SELECTION OF SEASONAL VEGETABLES & SALAD	A SELECTION OF SEASONAL VEGETABLES & SALAD	A SELECTION OF SEASONAL VEGETABLES & SALAD
DESSERTS	BANANA MUFFIN	FUDGE TART & CHOCOLATE CUSTARD	SHORTBREAD FINGERS & FRUIT	CHOCOLATE CORNFLAKE CAKE	FRUITY FRIDAY

AVAILABLE DAILY:  
Fresh Salad Bar, Home Baked Bread & Water



# Week Two Menu

(WC: 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec, 20<sup>th</sup> Jan, 10<sup>th</sup> Feb)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	CHEESE & TOMATO PIZZA with OVEN BAKED WEDGES	MOROCCAN LAMB TAGINE with COUS COUS or RICE	TOAD IN THE HOLE, ROAST POTATOES & GRAVY	ITALIAN CHICKEN MARGARITA PASTA BAKE	FISH FINGERS & CHIPS
VEGETARIAN	CHEESE & TOMATO PIZZA with OVEN BAKED WEDGES	MACARONI CHEESE	VEGETARIAN TOAD IN THE HOLE, ROAST POTATOES & GRAVY	MEXICAN RICE & BEANS with TORTILLA & SALASA	VEGETABLE FINGER & CHIPS
SIDE DISH	A SELECTION OF SEASONAL VEGETABLES & SALAD	A SELECTION OF SEASONAL VEGETABLES & SALAD	A SELECTION OF SEASONAL VEGETABLES & SALAD	A SELECTION OF SEASONAL VEGETABLES & SALAD	A SELECTION OF SEASONAL VEGETABLES & SALAD
DESSERTS	APPLE CRUMBLE & CUSTARD	CHOCOLATE BROWNIE	FRESH FRUIT SALAD & VANILLA ICE CREAM	STICKY TOFFEE PUDDING	FRUITY FRIDAY

AVAILABLE DAILY:  
Fresh Salad Bar, Home Baked Bread & Water