

Week Three Menu

Served weeks commencing: 11-Mar 01-Apr 07-May
03-Jun 24-Jun 15-Jul 09-Sep 30-Sep

| | MAIN MEAL | VEGETARIAN | DESSERTS |
|-----------|---|---|---------------------------------|
| MONDAY | Chicken in Tomato Sauce with Pasta Twists Seasonal Vegetables | Roasted Veg Pasta Bake Seasonal Vegetables | Apple Crumble with Custard |
| TUESDAY | Beef Burger and wedges Seasonal Vegetables | Veggie Hotdog with wedges Seasonal Vegetables | Chocolate Rice Crispie Cake |
| WEDNESDAY | Roast Chicken with Mash Potatoes and Gravy Seasonal Vegetables | Cheese & Baked Bean Puff Seasonal Vegetables | Ginger Shortbread |
| THURSDAY | Macaroni Cheese Seasonal Vegetables | Macaroni Cheese Seasonal Vegetables | Peach Cobbler |
| FRIDAY | Fish fingers with Chips Baked Beans or Peas | Vegetable fingers with Chips Baked Beans or Peas | Shortbread Finger with Mandarin |



AVAILABLE DAILY:

Wholemeal bread, water and seasonal fresh fruit



School Lunch

menu

October 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



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: 25-Feb 18-Mar 23-Apr
13-May 10-Jun 01-Jul 22-Jul 16-Sep 07-Oct

| | MAIN MEAL | VEGETARIAN | DESSERT |
|-----------|---|---|--------------------------|
| MONDAY | Roast Vegetable Pasta Seasonal Vegetables | Vegetable Curry with Rice Seasonal Vegetables | Apricot Sponge & Custard |
| TUESDAY | Cottage Pie Seasonal Vegetables | Cheese & Tomato Flan Seasonal Vegetables | Cinnamon Oaty Cookie |
| WEDNESDAY | Roast Turkey, Mash Potato, and Gravy Seasonal Vegetables | Quorn Fillet, Mash Potato, and Gravy Seasonal Vegetables | Marble Cake |
| THURSDAY | Ham Pizza with Wedges Seasonal vegetables | Cheese & Tomato Pizza with Wedges Seasonal vegetables | Fudge Tart & Custard |
| FRIDAY | Salmon / Fish Fingers with Chips Baked Beans or Peas | Vegetable Fingers with Chips Baked Beans or Peas | Fruity Friday |

Week Two Menu

Served weeks commencing: 04-Mar 25-Mar 29-Apr
20-May 17-Jun 08-Jul 02-Sep 23-Sep 14-Oct

| | MAIN MEAL | VEGETARIAN | DESSERT |
|-----------|--|---|---------------------------------------|
| MONDAY | Sausage with Mash Potato and Gravy Seasonal Vegetables | Vegetable Sausage with Mash and Gravy Seasonal Vegetables | Chocolate Sponge with Chocolate Sauce |
| TUESDAY | Spaghetti Bolognese Seasonal Vegetables | Vegetarian Chilli with Rice Seasonal Vegetables | Apple Flapjack |
| WEDNESDAY | Roast Pork with Roast Potatoes and Gravy Seasonal Vegetables | Quorn Fillet with Roast Potatoes and Gravy Seasonal Vegetables | Sultana Cookie |
| THURSDAY | Chicken & Vegetable Pie with New Potatoes Seasonal Vegetables | Mixed Bean & Vegetable Tortilla Seasonal Vegetables | Arctic Dessert |
| FRIDAY | Fish Fingers and Chips Baked Beans or Peas | Veggie Fingers and chips Baked Beans or Peas | Banana Traybake |



AVAILABLE DAILY:

. Wholemeal bread, water and seasonal fresh fruit