

Week Three Menu

Served weeks commencing:
12th Nov, 3rd Dec, 7th Jan, 28th Jan

	MAIN MEAL	VEGETARIAN	DESSERTS
MONDAY	BBQ Chicken with Pasta Twists Seasonal Vegetables	BBQ Quorn with Pasta Twists Seasonal Vegetables	Iced Lemon Sponge
TUESDAY	Beef Burger and wedges Seasonal Vegetables	Veggie Burger with wedges Seasonal Vegetables	Apple Crumble and Custard
WEDNESDAY	Roast Chicken with Mash Potatoes and Gravy Seasonal Vegetables	Quorn Fillet, Mash Potatoes & Gravy Seasonal Vegetables	Jelly & Fresh Fruit
THURSDAY	Beef Lasagne with Garlic Bread Seasonal Vegetables	Cheese & Baked Bean Puff Seasonal Vegetables	Chocolate Rice Crispie Cake
FRIDAY	Cod/Salmon fingers with Chips Baked Beans or Peas	Vegetable fingers with Chips Baked Beans or Peas	Fruity Friday



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: 29th Oct, 19th Nov, 10th Dec,
14th Jan, 4th Feb

	MAIN MEAL	VEGETARIAN	DESSERT
MONDAY	Macaroni Cheese Seasonal Vegetables	Wholemeal bread, water, seasonal Tomato Pasta Bake Seasonal Vegetables	fresh fruit and jelly Fruit Salad with shortbread finger
TUESDAY	Han Pizza with wedges Seasonal Vegetables	Cheese & Tomato Pizza with wedges Seasonal Vegetables	Cinnamon Oaty Cookie
WEDNESDAY	Roast Turkey, Mash Potato, and Gravy Seasonal Vegetables	Sweet Potato & Lentil Wellington Seasonal Vegetables	Jelly with fresh fruit
THURSDAY	Beef Chilli with Rice Seasonal vegetables	Veggie Chilli with Rice Seasonal vegetables	Apple Crumble
FRIDAY	Fish Fingers with Chips Baked Beans or Peas	Vegetable Fingers with Chips Baked Beans or Peas	Apple Sponge and Custard

Week Two Menu

Served weeks commencing: 5th Nov, 26th Nov, 17th Dec,
21st Jan, 11th Feb

	MAIN MEAL	VEGETARIAN	DESSERT
MONDAY	Sausage with Mash Potato and Gravy Seasonal Vegetables	Vegetable Sausage with Mash and Gravy Seasonal Vegetables	Carrot Cake
TUESDAY	Spaghetti Bolognaise Seasonal Vegetables	Vegetarian Bolognaise with Spaghetti Seasonal Vegetables	Jam Sponge and Custard
WEDNESDAY	Roast Gammon with Roast Potatoes and Gravy Seasonal Vegetables	Cheese & Baked Bean Puff Seasonal Vegetables	Rocket Lollies
THURSDAY	Mild Chicken Curry with Rice Seasonal Vegetables	Vegetable Curry with Rice Seasonal Vegetables	Goosey Orange Pudding
FRIDAY	Fish Fingers and Chips Baked Beans or Peas	Veggie Fingers and chips Baked Beans or Peas	Chocolate Sponge with Chocolate Sauce



AVAILABLE DAILY:

Wholemeal bread, water, seasonal fresh fruit and jelly.