



Week Three Menu

(WC: 28th September, 19th October, 9th November, 30th November)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef Meatballs in Tomato Sauce served with Rice	BBQ chicken and diced potatoes	Roast Chicken Roast Potatoes and Gravy	Pasta Bolognaise	Fish Fingers and Chips
VEGETARIAN	Vegetarian Meatballs in Tomato Sauce served with Rice	Cheese and tomato pasta bake	Vegetarian Cowboy Pie	Pasta & Roast Vegetables	Vegetable nuggets and chips
SIDE DISH	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad
DESSERTS	Chocolate Cookie	Apple Sponge & Custard	Iced Lemon Sponge	Sultana Oaty Cookie	Fruit & Jelly

AVAILABLE DAILY:

, Water, Seasonal Fresh Vegetables, Seasonal Fresh Fruit & Yoghurt



School Lunch menu

Our menu

With this menu we continue with our achievement of Food for

Our menus meet or exceed government food standards for

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.

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.

For more information on the award please visit foodforlife.org.uk/schools





Week One Menu

(WC: 5th October, 30th October, 16th November, 7th December)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Macaroni cheese	Pork Sausage mashed Potato and Gravy	Roast Chicken with Roast Potatoes & Gravy	Lasagne with Oven Baked Wedges	Fish Fingers or Salmon Fish Fingers and Chips
VEGETARIAN	Macaroni Cheese	Vegetarian Sausage, Mash Potato and Gravy	Cheese and baked bean puff	Vegetarian Lasagne with Oven Baked Wedges	Vegetable Fingers with Chips
SIDE DISH	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad
DESSERTS	Apple Crumble & Custard	Cinnamon Oaty Cookie	Shortbread Biscuit	Marble Cake	Fruit & Jelly

AVAILABLE DAILY:

, Water, Seasonal Fresh Vegetables, Seasonal Fresh Fruit & Yoghurt



Week Two Menu

WC: (12th October, 2nd November, 23rd November, 14th December)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Vegetarian Pizza with Oven Baked Wedges	Mild Chicken Curry served with Rice	Roast Chicken, Mashed Potatoes and Gravy	All Day Breakfast	Fish Fingers and Chips
VEGETARIAN	Cheese & Tomato Pizza with Oven Baked Wedges	BBQ mixed bean and vegetable wrap	Shepherdess pie	Vegetarian All Day Breakfast	Vegetable Fingers with Chips and beans
SIDE DISH	A selection of Seasonal Vegetables and Salad	A selection of Seasonal Vegetables and Salad	A selection of Seasonal Vegetables and Salad	A selection of Seasonal Vegetables and Salad	A selection of Seasonal Vegetables and Salad
DESSERTS	Treacle Sponge and Custard	Banana Traybake	Vanilla Ice Cream	Jam Tart	Fruit & Jelly

AVAILABLE DAILY:

Water, Seasonal Fresh Vegetables, Seasonal Fresh Fruit & yoghurt