



Week Three Menu

(WC:5th October)

| | 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 | Fruit & Jelly | Sultana Oaty Cookie | Iced Lemon Sponge |

AVAILABLE DAILY:

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



School Lunch menu

With this menu we continue with our achievement of 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

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 HMC certified assured meat and are nut free.





Week One Menu

(WC: 12th October)

| | 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 | Fruit & Jelly | Marble Cake | Shortbread Biscuit |

AVAILABLE DAILY:

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



Week Two Menu

WC: (28th September, 19th October)

| | 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 | Fruit & Jelly | Jam Tart | Vanilla Ice Cream |

AVAILABLE DAILY:

Water, Seasonal Fresh Vegetables, Seasonal Fresh Fruit & yoghurt