



## Week Three Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	MEATBALLS IN TOMATO SAUCE WITH RICE	CHICKEN & SWEETCORN PIE, MASH & GRAVY	ROAST CHICKEN, ROAST POTATOES AND GRAVY	PASTA BOLOGNAISE	FISH FINGERS and CHIPS
VEGETARIAN	VEGETARIAN MEATBALLS WITH RICE	CHEESE & TOMATO PASTA TWISTS	VEGETARIAN COWBOY PIE, ROAST POTATOES	MIXED BEAN FAJITA	VEGETABLE NUGGETS and CHIPS
JACKET POTATO	JACKET POTATO WITH CHEESE & BAKED BEANS	JACKET POTATO WITH BAKED BEANS	PASTA WITH TOMATO & BASIL SAUCE	JACKET POTATO WITH GRATED CHEDDAR	JACKET POTATO WITH BAKED BEANS
SIDE DISH	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES
DESSERTS	CHOCOLATE COOKIE	ORANGE JELLY With MANDARINS	ICED LEMON SPONGE	SULTANA OATY COOKIE	FRUITY FRIDAY

### SERVED W/C:

Available Daily, Salad, Seasonal Vegetables, Water, Fruit, Yoghurt and Jelly



# School Lunch menu

### Food for Life

With this menu we continue with our achievement of Food for Life 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)

### 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. Are nut free.





## Week One Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	PORK SAUSAGE, MASH & GRAVY	CHICKEN & TOMATO PASTA BAKE	ROAST GAMMON, ROAST POTATOES & GRAVY	BEEF LASAGNE	FISH CAKE & CHIPS
VEGETARIAN	VEGETARIAN SAUSAGE, MASH & GRAVY	MACARONI CHEESE	ROAST VEGETABLE FRITTATA, ROAST POTATOES	VEGETABLE LASAGNE	VEGETABLE FINGERS & CHIPS
JACKET POTATO	PASTA WITH TOMATO & BASIL SAUCE	JACKET POTATO with GRATED CHEDDAR	PASTA WITH TOMATO & BASIL SAUCE	JACKET POTATO with BAKED BEANS	JACKET POTATO with BAKED BEANS or GRATED CHEDDAR
SIDE DISH	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES
DESSERTS	FLAPJACK	BANANA TRAYBAKE	SHORTBREAD	CHOCOLATE BROWNIE	FRUITY FRIDAY

### SERVED W/C:

Available Daily –Salad, Seasonal Vegetables, Water, Fruit, Yoghurt and Jelly



## Week Two Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	HAM PIZZA With OVEN BAKED WEDGES	MILD CHICKEN CURRY & RICE	ROAST TURKEY, ROAST POTATOES & GRAVY	ALL DAY BREAKFAST – Bacon, Egg, Beans, Potatoes, Tomato	COD or SALMON FISH FINGERS & CHIPS
VEGETARIAN	CHEESE & TOMATO PIZZA with OVEN BAKED WEDGES	BBQ VEGETABLE & MIXED BEAN WRAP	CHEESE & BAKED BEAN PUFF, ROAST POTATOES & GRAVY	VEGETARIAN BOLOGNAISE	VEGETABLE FINGERS & CHIPS
JACKET POTATO	PASTA WITH TOMATO & BASIL SAUCE	JACKET POTATO with GRATED CHEDDAR	ROASTED VEGETABLE PASTA BAKE	JACKET POTATO with BAKED BEANS	JACKET POTATO with BAKED BEANS or GRATED CHEDDAR
SIDE DISH	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES	SELECTION OF SEASONAL VEGETABLES
DESSERTS	APPLE CRUMBLE & CUSTARD	CINNAMON OATY COOKIE	VANILLA ICE CREAM	JAM TART	FRUITY FRIDAY

### SERVED

Available Daily –, Salad, Seasonal Vegetables, Water, Fruit, Yoghurt and Jelly