



## 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