




WEEK 1

06/09, 27/09, 18/10, 15/11, 06/12

Meat-free Mondays



No Added Sugar Wednesdays

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheddar and Caramelized Red Onion Quiche served with New Potatoes	Chicken, Tomato and Pepper Bake served with Steamed Rice	Roast Chicken served with Stuffing, Roast Potatoes and Gravy	Organic Beef Keema served with Wholemeal Pitta	Breaded Fish served with Chips
Option 2 	Vegetarian Sausage (Ve) served with Mashed Potato and Gravy	Macaroni Cheese	Sweet Potato and Lentil Wellington served with Roast Potatoes	Tandoori Vegetables served with Wholemeal Pitta	Quorn Nuggets served with Chips (Ve)
Option 3	Tomato and Basil Pasta (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Roasted Red Pepper Pasta (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Neapolitan Pasta (Ve)
Vegetables	Roasted Root Vegetables	Carrots Garden Peas	Sweetcorn Steamed Cabbage	Green Beans Carrots	Garden Peas Baked Beans
Dessert	Fruit Slushy (Ve)	Iced Lemon Sponge	Fruit Salad (Ve)	Apple and Cinnamon Sponge with Custard	Orange Shortbread (Ve)


WEEK 2

13/09, 04/10, 01/11, 22/11, 13/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese and Tomato Pizza served with Potato Wedges	Minced Organic Beef Pie served with New Potatoes	Chicken Sausage Hot Dog	Chicken Tikka Masala served with Steamed Rice	Fish Fingers or Salmon Fish Fingers served with Chips
Option 2 	Red Pepper and Sweetcorn Pizza served with Potato Wedges	Spanish Omelette served with New Potatoes	Vegetarian Sausage Hot Dog (Ve)	Mexican Rice Wrap (Ve)	Cheese and Tomato Turnover served with Chips
Option 3	Spicy Tomato Pasta (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Tomato and Basil Pasta (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Tomato and Mushroom Pasta (Ve)
Vegetables	Broccoli Sweetcorn	Carrots Garden Peas	Green Beans Carrots	Medley of Vegetables	Garden Peas Baked Beans
Dessert	Fruit Slushy (Ve)	Peach Sponge with Custard	Fruit Salad (Ve)	Vanilla, Honey and Yoghurt Cake	Date and Cocoa Brownie

WEEK 3

20/09, 11/10, 08/11, 29/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetable and Bean Jambalaya (Ve)	Organic Beef Bolognese served with Spaghetti	Roast Turkey served with Stuffing, Roast Potatoes and Gravy	Chicken Balti served with Steamed Rice	Breaded Fish served with Chips
Option 2 	Cheese, Leek and Potato Pie	Vegetarian Bolognese served with Spaghetti (Ve)	Roast Quorn served with Stuffing, Roast Potatoes and Gravy	Vegetable and Chick Pea Korma served with Steamed Rice	Vegetable Nuggets served with Chips (Ve)
Option 3	Roasted Vegetable Pasta (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Cheesy Tomato Pasta Bake	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Tomato and Basil Pasta (Ve)
Vegetables	Garden Peas Carrots	Cauliflower Sweetcorn	Butternut Squash Green Beans	Sweetcorn Carrots	Garden Peas Baked Beans
Dessert	Fruit Slushy (Ve)	Pear and Chocolate Sponge with Custard	Fruit Salad (Ve)	Fruity Cookie (Ve)	Bakewell Tart

LOOK FOR THE SUGAR SHERIFF THESE MEALS ARE COMPLETELY FREE FROM ADDED SUGAR!



Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily

We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.

THIS MENU SUPPORTS:

