

# WEEKLY MENU 1

## MEATLESS MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Mains with vegetarian option

Cheese and Tomato  
Pasta served with  
Garlic Bread and  
Sweetcorn

Teriyaki Chicken or  
Teriyaki Quorn with  
Rice, Summer  
Crunchy Vegetables  
and Prawn Crackers

Roast Pork or Veggie  
Sausages with Roast  
Potatoes, Broccoli,  
Carrots, Gravy and  
Apple Sauce

Beef Ragu or  
Bean Ragu  
served with  
Penne Pasta and  
Green Salad

Baked Fish Fingers  
or Broccoli &  
Cauliflower Gratin  
with Crispy Diced  
Potatoes, Baked  
Beans or Peas

### Additional option

Baked Jacket Potato  
with Beans and Side  
Salad

Baked Jacket Potato  
with Tuna Mayo and  
Side Salad

Baked Jacket Potato  
with Chicken &  
Sweetcorn and Side  
Salad

Baked Jacket  
Potato with  
Cheese and Side  
Salad

Baked Jacket Potato  
with Spaghetti Hoops  
and Side Salad

### Dessert

Fresh Fruit Salad

Chocolate and  
Beetroot Cake with  
Custard

Rainbow Bar

Apricot Flapjack

Vanilla Ice Cream

Fresh Fruit Option Available Daily

All dishes are homemade on site daily using fresh ingredients. Our sauces contain lots of "hidden" veggies making them very tasty and nutritious . A full list of any allergens in each dish is available on site and from the school office.



WEEKLY

# MENU 2

## MEATLESS MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Mains with vegetarian option

Stone Baked Vegetable & Cheese Pizza served with Curly Fries and Salad

Chicken Tikka Masala or Lentil Curry served with Rice and Broccoli Stems

Cumberland(pork) Sausage or Veggie Sausage served with Creamy Mash, Seasonal Vegetables and Gravy

Ham Baguette or Cheese Baguette served with Potato Wedges and Cucumber Sticks

Fish & Chips or Cheese Omelette with Skinny Fries, Peas and Side Salad

### Additional option

Baked Jacket Potato with Beans and Side Salad

Baked Jacket Potato with Tuna Mayo and Side Salad

Baked Jacket Potato with Chicken & Sweetcorn and Side Salad

Baked Jacket Potato with Cheese and Side Salad

Baked Jacket Potato with Spaghetti Hoops and Side Salad

### Dessert

Strawberry Angel Delight

Victoria Sponge and Custard

Homemade Flapjack

Apple Crumble with Custard

Chocolate Ice Cream

Fresh Fruit Option Available Daily

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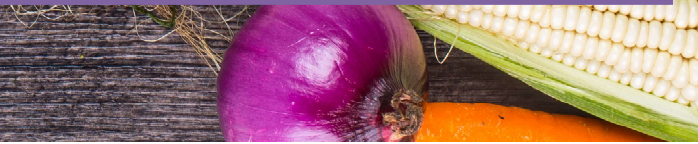


WEEKLY

# MENU 3



	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains with vegetarian option	Egg Noodles and Veg served with Rainbow Salad	Ham and Cheese Pasta Bake or cheese and tomato pasta bake served with Cucumber and Carrot Sticks	Roast Chicken or Roast Quorn Fillets with Roast Potatoes, Carrots Peas, Cabbage and Gravy	Beef Mince or Soya Mince Tacos served with Rice and Mexican Salad	Jumbo Breaded Fish Fingers or Veggie Nuggets with Chunky Chips and Peas
Additional option	Baked Jacket Potato with Beans and Side Salad	Baked Jacket Potato with Tuna Mayo and Side Salad	Baked Jacket Potato with Cheese and Side Salad	Baked Jacket Potato with Chicken and Sweetcorn and Side salad	Baked Jacket Potato with Spaghetti Hoops and Side Salad
Dessert	Lemon Drizzle Cake	Strawberry Jelly	Fruit Pavlova	Pear and Chocolate Crumble with Custard	Orange Ice Lolly
	Fresh Fruit Option Available Daily				
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# WEEKLY MENU 4

## MEATLESS MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Mains with vegetarian option

Cheese and Onion  
Flan served with  
Crispy Potato Cubes  
and Salad

Beef Meatballs in  
Homemade Tomato  
Sauce or Chickpea  
and Vegetable  
Tagine served with  
Cous Cous and  
Roasted Vegetables

Roast Gammon or  
Cheese and Spinach  
Omelette served with  
Roast Potatoes, Red  
Cabbage, Broccoli and  
Gravy

Chicken or  
Vegetable Fajita  
served with Rice,  
Sour Cream and  
Salsa Sauce

Battered Cod or  
Vegetable Lasagna  
served with Skinny  
Fries, Peas and  
Sweetcorn

### Additional option

Baked Jacket Potato  
with Beans and Side  
Salad

Baked Jacket Potato  
with Tuna Mayo and  
Side Salad

Baked Jacket Potato  
with Chicken Sweetcorn  
and Side Salad

Baked Jacket Potato  
with Cheese and  
Side Salad

Baked Jacket Potato  
with Spaghetti Hoops  
and Side Salad

### Dessert

Carrot Cake

Chocolate Rice Bar

Fresh Fruit Salad

Toffee Cornflake  
Tart

Raspberry Jelly

Fresh Fruit Option Available Daily

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