

# WEEK 1 MENU

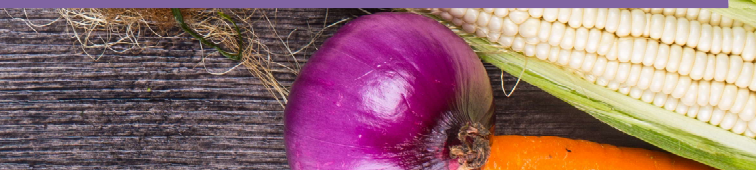
1<sup>st</sup> September, 22<sup>nd</sup> September, 13<sup>th</sup> October  
10<sup>th</sup> November, 1<sup>st</sup> December



	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains with Vegetarian Option	Fusilli Pasta with Arrabiata Sauce topped with Cheese served with Sweetcorn and Garlic Bread	Chicken Korma (Vegetable Korma) served with Basmati Rice and Broccoli	Toad in the Hole (Pork or Veggie Sausage) served with Creamy Mash, Peas, Carrots and Gravy	Rich Beef Bolognese (or Vegetarian Bolognese) with Spaghetti and Green Beans	Baked Fish Fingers or Veggie Nuggets with Skin on Fries, Peas or Beans
Additional Option	Baked Jacket Potato with Beans, Cheese and Side Salad	Baguette with Ham and Salad	Baked Jacket Potato with Tuna Mayo and Side Salad	Baguette with Cheese and Salad	Baked Jacket Potato with Mild Chilli Con Carne and Side Salad
Dessert	Lemon Drizzle Cake	Chilled Watermelon	Cheese, Grapes and Crackers	Chocolate Flapjack	Strawberry Jelly and 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.





# WEEK2 MENU

8<sup>th</sup> September, 29<sup>th</sup> September, 20<sup>th</sup> October,  
17<sup>th</sup> November, 8<sup>th</sup> December

## MEATLESS MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Mains with vegetarian option

Cheese and  
Tomato Pizza with  
Potato Wedges and  
Crispy Side Salad

Chicken/Veggie  
Fajitas served with  
Rice, Fresh Salsa  
and Side Salad

Roast Gammon or  
Cheese Omelette  
served with Roast  
Potatoes, Peas,  
Carrots and Gravy,

Beef or Quorn  
Meatballs in  
Homemade Tomato  
Sauce with Penne  
Pasta and  
Sweetcorn

Baked Cod or  
Vegetable Lasagna  
served with French  
Fries, Peas or  
Beans

### Additional Option

Baked Jacket Potato  
with Cheese & Beans  
and Side Salad

Cheese and Ham  
Toasty with Side  
Salad

Baked Jacket Potato  
with Tuna Mayo and  
Side Salad

Egg Mayo Sandwich  
with Side Salad

Baked Jacket Potato  
with Meatballs and  
Side Salad

### Dessert

Pineapple and  
Coconut Crumble  
with Custard

Pancakes with  
Raspberry Sauce

Chocolate and  
Orange Cake with  
Cream

Eaton Mess

Raisin Flapjack

Fresh Fruit Option Available Daily

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# WEEK 3 MENU

15<sup>th</sup> September, 6<sup>th</sup> October, 3<sup>rd</sup> November, 24<sup>th</sup>  
November, 15<sup>th</sup> December.

## MEATLESS MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Mains with vegetarian option

Macaroni Cheese  
served with mixed  
Salad

Lemon and Herb  
Chicken or Cheese  
and Tomato Frittata  
served with Cous  
Cous and Green  
Beans

Roast Pork served  
with Roast  
Potatoes, Cabbage,  
Carrots, Apple  
Sauce and Gravy  
Or Vegetable  
Noodles

Mexican Beef or  
Mexican Sliced  
Veggie served with  
Rice, Salsa, Crispy  
Salad and Nachos

Fish and Chips or  
Roast Vegetable  
Tart with Peas  
and/or Beans and  
Side Salad

### Additional Option

Baked Jacket Potato  
with Cheese, Beans  
and Side Salad

Baguette with Ham  
Salad with a Crunchy  
Side Salad

Baked Jacket Potato  
with Tuna Mayo and  
Side Salad

Baguette with  
Cheese Salad with a  
Crunchy Side Salad

Baked Jacket Potato  
with Mild Beef Chilli  
Con Carne with Side  
Salad

### Dessert

Apple and Cinnamon  
Cake with Custard

Apricot Flapjack

Cheese, Crackers  
and Grapes

Orange jelly and  
cream

Chocolate Brownie  
With Ice Cream

Fresh Fruit Option Available Daily

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