

**Week
Commencing**

SCHOOL MENU - Balanced, nutritious and freshly prepared tasty meals

MONDAY

Breaded Chicken Steak
served with Katsu curry sauce
Vegetable Frittata (v)
Pasta Neapolitan (v)

Rice
Oven Baked Potato Wedges
Sweetcorn, Green Beans
Baked Beans

Selection of Freshly-made Flapjacks

TUESDAY

Bolognaise Pasta Bake
Fish Fingers
Mediterranean Quorn Fillet (v)

Creamed Potatoes
Garlic Bread
Garden Peas, Carrots

Syrup Sponge
Custard

WEDNESDAY

Roast of the Day
served with gravy
Jacket Potato
with selection of fillings
Vegetarian Sausage Parcel (v)

Roast Potatoes
Mashed Potatoes
Selection of Seasonal Vegetables

Selection of Freshly-made Muffins

THURSDAY

Cod Bites
served with tomato ketchup or sweet chilli mayo
Mediterranean Chicken Mac 'n' Cheese (v)

Herby Diced Potatoes
Crusty Bread
Broccoli, Garden Peas
Sweetcorn

Chocolate Brownie

FRIDAY

Cottage Pie
served with gravy
Jacket Potato
with selection of fillings
A Selection of Pizzas (v)

Chips
½ Jacket Potato
Garden Peas, Carrots
Baked Beans

'Fruity Friday'

05/09/2022
26/09/2022
17/10/2022
14/11/2022
05/12/2022
09/01/2023
30/01/2023
27/02/2023
20/03/2023
24/04/2023
15/05/2023
12/06/2023
03/07/2023
24/07/2023

Week 1

12/09/2022
03/10/2022
31/10/2022
21/11/2022
12/12/2022
16/01/2023
06/02/2023
06/03/2023
27/03/2023
01/05/2023
22/05/2023
19/06/2023
10/07/2023

Week 2

Chicken Korma
served with naan bread
Fishcake
served with lemon mayo or tomato ketchup
Pasta Neapolitan (v)

Mashed Potatoes
Rice
Garlic Bread
Sweetcorn, Green Beans

Selection of Freshly-made Shortbread

BUILD YOUR BURGER
Beef Burger
served with a cheese slice, sliced tomato, tomato ketchup & mayonnaise
Vegetable & Bean Burger (v)
Cheese & Potato Pie (v)

Oven Baked Potato Wedges
Crusty Bread
Carrots, Garden Peas
Baked Beans

Apple Swirl & Custard

Roast of the Day
served with gravy
Jacket Potato
with selection of fillings
Quorn Fillet (v)

Roast Potatoes
Mashed Potatoes
Selection of Seasonal Vegetables

Selection of Iced Cupcake

Fish Fingers
served with sweet chilli mayo or tomato ketchup
Chinese Chicken Flatbread
Vegetable Noodle Stir-fry (v)
a rainbow of vegetables with noodles in a tasty sauce

Garlic Bread
Herby Diced Potatoes
Garden Peas, Sweetcorn

Cornflake Tart & Custard

Chilli con Carne
served with nachos
Jacket Potato
with selection of fillings
A Selection of Pizzas (v)

Rice
Chips
Cauliflower Popcorn
Garden Peas
Baked Beans

'Fruity Friday'

19/09/2022
10/10/2022
07/11/2022
28/11/2022
02/01/2023
23/01/2023
13/02/2023
13/03/2023
17/04/2023
08/05/2023
05/06/2023
26/06/2023
17/07/2023

Week 3

Fishcake
served with lemon mayo or tomato ketchup
Pork & Carrot Meatballs
in a rich tomato sauce
BBQ Quorn Fillet (v)

Oven Baked Potato Wedges
Pasta
Green Beans, Carrots
Baked Beans

Peach Crumble & Custard

Chicken Tikka Masala
served with naan bread
Mac 'n' Cheese (v)
Quorn Dippers (v)
with tomato ketchup

Rice
Garlic Bread
Diced Potatoes
Sweetcorn, Garden Peas

Chocolate Marble Sponge

Roast of the Day
served with gravy
Jacket Potato
with selection of fillings
Veggie Sausage (v)
in a Yorkshire Pudding

Roast Potatoes
Mashed Potatoes
Selection of Seasonal Vegetables

Selection of Freshly-made Cookies & Traybakes

Pork Sausages
served with tomato ketchup
Chicken Tikka Wrap
Pasta Neapolitan (v)

Herby Diced Potatoes
Crusty Bread
Broccoli, Carrots
Baked Beans

Selection of Freshly-made Fruit Muffins

A Selection of Pizzas
Fish Fingers
Quorn Chilli (v)
served with nachos

Rice
Chips
Sweetcorn
Peas
Baked Beans

'Fruity Friday'

Freshly Prepared Salads, Wholemeal Bread, Fruit and Yoghurt are available every day - (3 Choice Menu) WS3
Food Allergen & Intolerance Information - Before ordering speak to our staff about your requirements