



## Week Three Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	HAM PIZZA WITH DICED POTATOES	COTTAGE PIE	ROAST CHICKEN, ROAST POTATOES AND GRAVY	SAUSAGE & TOMATO PASTA BAKE	FISH FINGERS AND CHIPS (With Ketchup)
VEGETARIAN	CHEESE & TOMATO PIZZA WITH DICED POTATOES	VEGETARIAN COTTAGE PIE	ROAST VEGAN QUORN FILLET, ROAST POTATOES AND GRAVY	ROASTED VEGETABLE FRITTATA	VEGETABLE NUGGETS AND CHIPS (With Ketchup)
JACKET POTATO / PASTA	PASTA WITH HOMEMADE TOMATO SAUCE & Grated Cheese	PASTA WITH HOMEMADE TOMATO SAUCE & Grated Cheese	JACKET POTATO with Cheese, Baked Beans or Tuna Mayo	JACKET POTATO with Cheese, Baked Beans or Tuna Mayo	PASTA WITH HOMEMADE TOMATO SAUCE & Grated Cheese
DELI	<b>BAGUETTE</b> Cheese, Ham, Tuna Mayo or Egg Mayo	<b>SANDWICH</b> Cheese, Ham, Tuna Mayo or Egg Mayo	<b>BAGEL</b> Cheese, Ham, Tuna Mayo or Egg Mayo	<b>BAP</b> Cheese, Ham, Tuna Mayo or Egg Mayo	<b>WRAP</b> Cheese, Ham, Tuna Mayo or Egg Mayo
DESSERT	CHOCOLATE SPONGE & CUSTARD	OATY CINAMON COOKIE	BANANA MUFFIN	CHOCOLATE & ORANGE SHORTBREAD WITH APPLE SLICES	FRUITY FRIDAY FRESH FRUIT PLATTERS

SERVED W/C: 01/05, 22/05, 19/06, 10/07, 04/09, 25/09, 16/10



# School Lunch menu

### Food for Life

With this menu we continue with our achievement of Food for Life which 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	SAUSAGE, MASH & GRAVY	PASTA BOLOGNAISE	ROAST GAMMON, ROAST POTATOES AND GRAVY	SPANISH CHICKEN WITH RICE	FISH FINGERS AND CHIPS (with Ketchup)
VEGETARIAN	VEGETARIAN SAUSAGE, MASH & GRAVY	MACARONI CHEESE	ROAST VEGAN QUORN FILLET, ROAST POTATOES AND GRAVY	MILD VEGETABLE CURRY WITH RICE	TOMATO & CHEESE PIZZA PINWHEEL AND CHIPS (with Ketchup)
JACKET POTATO / PASTA	PASTA WITH HOMEMADE TOMATO SAUCE & Grated Cheese	JACKET POTATO with Cheese, Baked Beans or Tuna Mayo	PASTA WITH HOMEMADE TOMATO SAUCE & Grated Cheese	JACKET POTATO with Cheese, Baked Beans or Tuna Mayo	JACKET POTATO with Cheese, Baked Beans or Tuna Mayo
DELI	<b>BAGUETTE</b> Cheese, Ham, Tuna Mayo or Egg Mayo	<b>SANDWICH</b> Cheese, Ham, Tuna Mayo or Egg Mayo	<b>BAGEL</b> Cheese, Ham, Tuna Mayo or Egg Mayo	<b>BAP</b> Cheese, Ham, Tuna Mayo or Egg Mayo	<b>WRAP</b> Cheese, Ham, Tuna Mayo or Egg Mayo
DESSERT	OATY CINAMON COOKIE	ICED SPONGE & CUSTARD	VANILLA ICE CREAM & FRESH FRUIT	SHORTBREAD WITH APPLE SLICES	FRUITY FRIDAY FRESH FRUIT PLATTERS

SERVED W/C: 17/04, 08/05, 05/06, 26/06, 17/07, 11/09, 02/10



## Week Two Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	BEEF BURGER WITH POTATO WEDGES	BBQ CHICKEN WITH RICE	ROAST TURKEY, ROAST POTATOES & GRAVY	LASAGNE	FISH FINGERS AND CHIPS (with Ketchup)
VEGETARIAN	VEGETABLE BURGER WITH POTATO WEDGES	BBQ VEGETABLE & MIXED BEAN WRAP with RICE	ROAST VEGAN QUORN FILLET, ROAST POTATOES AND GRAVY	VEGETARIAN LASAGNE	CHEESE & TOMATO PIZZA AND CHIPS (with Ketchup)
JACKET POTATO / PASTA	PASTA WITH HOMEMADE TOMATO SAUCE & Grated Cheese	JACKET POTATO with Cheese, Baked Beans or Tuna Mayo	PASTA WITH HOMEMADE TOMATO SAUCE & Grated Cheese	JACKET POTATO with Cheese, Baked Beans or Tuna Mayo	PASTA WITH HOMEMADE TOMATO SAUCE & Grated Cheese
DELI	<b>BAGUETTE</b> Cheese, Ham, Tuna Mayo or Egg Mayo	<b>SANDWICH</b> Cheese, Ham, Tuna Mayo or Egg Mayo	<b>BAGEL</b> Cheese, Ham, Tuna Mayo or Egg Mayo	<b>BAP</b> Cheese, Ham, Tuna Mayo or Egg Mayo	<b>WRAP</b> Cheese, Ham, Tuna Mayo or Egg Mayo
DESSERT	FLAPJACK WITH ORANGE SEGMENTS	JAM SPONGE WITH CUSTARD	SHORTBREAD WITH APPLE SLICES	APPLE CRUMBLE WITH CUSTARD	FRUITY FRIDAY FRESH FRUIT PLATTERS

SERVED W/C: 24/04, 15/05, 12/06, 03/07, 28/08, 18/09, 09/10