

## Week One Menu

Served weeks commencing: 25 Feb / 18 March / 22 April /  
13 May / 10 June / 1 July / 22 July 2019

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	CHICKEN CURRY WITH RICE	VEGETABLE CURRY WITH RICE (V)	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	APPLE CRUMBLE WITH CUSTARD
TUESDAY	SPAGHETTI BOLOGNAISE	CHEESE FLAN (V)	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	CHOCOLATE OATY COOKIE
WEDNESDAY	ROAST TURKEY WITH ROAST POTATOES & GRAVY	LENTIL & BEAN BAKE (V)	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	JAM & COCONUT SPONGE
THURSDAY	MEAT PIZZA WITH WEDGES	CHEESE & TOMATO PIZZA WITH WEDGES	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	CARROT CAKE
FRIDAY	SALMON or COD FISH FINGERS WITH CHIPS	VEGETABLE FINGERS WITH CHIPS (V)	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	FRUITY FRIDAY



### AVAILABLE DAILY:

Wholemeal bread, fresh salad, water, fresh fruit, fruit yoghurt, Jacket pot OR pasta option daily



## School Lunch menu SPRING TO SUMMER 2019

### FOOD for LIFE

With this menu we continue with our achievement of Food for Life Bronze; which briefly 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 farm assured meat.
- Are nut free, peanut free and shellfish free



## Week Two Menu

Served weeks commencing: 4<sup>th</sup> March / 25<sup>th</sup> March / 29<sup>th</sup> April / 20<sup>th</sup> May / 17 Jun / 8 Jul 2019

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	SAUSAGE, MASH & GRAVY	VEGETABLE SAUSAGE, MASH & GRAVY (V)	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	CHOCOLATE SPONGE WITH CHOCOLATE SAUCE
TUESDAY	BEEF CHILLI WITH NACHOS	VEGETABLE CHILLI WITH NACHOS	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	JAM TART
WEDNESDAY	ROAST GAMMON, ROAST POTATOES, VEGETABLES AND GRAVY	CAULIFLOWER CHEESE WITH ROAST POTATOES (V)	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	SHORTBREAD BISCUIT
THURSDAY	CHICKEN FAJITAS	MIXED BEAN & VEGETABLE TORTILLA (V)	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	ARCTIC DESSERT
FRIDAY	FISH FINGERS WITH CHIPS	CHEESE & TOMATO PASTA BAKE (V)	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	FRUITY FRIDAY

## Week Three Menu

Served weeks commencing: 11<sup>th</sup> March / 1<sup>st</sup> April / 6<sup>th</sup> May / 3 Jun / 24 Jun / 15 July 2019

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	CREAMY CHICKEN WITH PASTA TWISTS	QUORN IN TOMATO SAUCE (V)	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	ICED LEMON SPONGE
TUESDAY	BEEF BURGER WITH BAKED WEDGES	VEGETARIAN HOTDOG WITH BAKED WEDGES (V)	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	CHOCOLATE RICE CRISP CAKE
WEDNESDAY	ROAST CHICKEN, VEGETABLES, ROAST POTATOES AND GRAVY	CHEESE & TOMATO PUFF (V)	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	CHOCOLATE MUFFIN
THURSDAY	COTTAGE PIE WITH MASHED POTATOES	MACARONI CHEESE (V)	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	ICED ORANGE PUDDING
FRIDAY	FISH FINGERS, BEANS AND CHIPS	VEGETABLE FINGERS WITH CHIPS (V)	JACKET POTATO OR FRESH PASTA	A SELECTION OF SALADS AVAILABLE DAILY	FRUITY FRIDAY



### AVAILABLE DAILY:

Wholemeal bread, fresh salad, water, fresh fruit, fruit yoghurt, Jacket pot OR pasta option daily