

## Week One Menu

Served weeks commencing: 3/9/18, 24/9/18, 15/10/18, 05/11/18, 26/11/18, 17/12/18

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	Chicken Curry & Rice	Veggie Korma with Rice	Fresh Pasta	Cold Deli	Banana Cake
TUESDAY	Beef Chilli with homemade Nachos	Mixed Bean Wrap	Jacket Potato	Cold Deli	Jam Tart and Custard
WEDNESDAY	Roast Gammon, Mashed Potatoes and Gravy	Sweet Potato Parcels	Fresh Pasta	Cold Deli	Lemon Sponge
THURSDAY	Chicken Pie with New Potatoes	Quorn Fillet	Jacket Potato	Cold Deli	Cinnamon Cookie
FRIDAY	Fish Finger with Beans and Chips	Vegetable Sausage with Beans and Chips	Fresh Pasta	Cold Deli	Fruity Friday



### AVAILABLE DAILY:

Wholemeal bread, fresh salad, water, fresh fruit, fruit yoghurt and flavoured jelly, Jacket pot OR pasta option



School Lunch

# menu

SUMMER 2018 TO WINTER 2018

### FOOD for LIFE

With this menu we continue with our achievement of Food for Life Silver; 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: 10/9/18, 1/10/18, 22/10/18, 12/11/18, 3/12/18

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	Cow Pie and Mashed Potato	Vegetable Cow Pie with Mashed Potatoes	Fresh Pasta	Cold Deli	Fruity Flapjack
TUESDAY	Spaghetti Bolognese	Vegetable Nuggets & Diced Potatoes	Jacket Potato	Cold Deli	Cherry Shortbread
WEDNESDAY	Roast Turkey New Potatoes, Vegetables and Gravy	Vegetable Quiches	Fresh Pasta	Cold Deli	Jelly
THURSDAY	Creamy Chicken with Rice	Quorn Tacos	Jacket Potato	Cold Deli	Chocolate Sponge and Chocolate Sauce
FRIDAY	Breaded Fish, Beans and Chips	Vegetable Burger, Beans and Chips	Fresh Pasta	Cold Deli	Fruity Friday

## Week Three Menu

Served weeks commencing: 17/9/18, 8/10/18, 29/10/18, 19/11/18, 10/12/18

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	Beef Keema Curry with Naan or Rice	Quorn Keema Curry with Naan or Rice	Fresh Pasta	Cold Deli	Cookie
TUESDAY	Sausage and Mash	Macaroni Cheese	Jacket Potato	Cold Deli	Ice Cream
WEDNESDAY	Roast Chicken, Vegetables, New Potatoes and Gravy	Lentil & Bean Bake	Fresh Pasta	Cold Deli	Carrot Cake
THURSDAY	Beef Lasagne	Five Bean Wrap	Jacket Potato	Cold Deli	Chocolate Brownie
FRIDAY	Salmon Fish Fingers, Beans and Chips	Vegetable Fingers with Beans and Chips	Fresh Pasta	Cold Deli	Fruity Friday



### AVAILABLE DAILY:

Wholemeal bread, fresh salad, water, fresh fruit, fruit yoghurt and flavoured jelly as well as cheese and Crackers