

# Week Three Menu

# WC: 23rd Nov,14th DEC,18th JAN, 8th FEB

## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MEATBALLS IN TOMATO SAUCE WITH RICE | CHICKEN and SWEETCORN served with NEW POTATOES | ROAST CHCIKEN served with ROAST POTATOES AND GRAVY | SPAGHETTI BOLEGNESE | FISH FINGERS  & CHIPS |
| VEGETARIAN MEATBALLS IN TOMATO SAUCE WITH RICE | CHEESE & TOMATO PASTA BAKE | VEGGIE COWBOY PIE | MIXED BEAN AND VEGETABLE WRAP | VEGETABLE NUGGETS  & CHIPS |
| SEASONAL VEGETABLES | SEASONAL VEGETABLES | SEASONAL VEGETABLES | SEASONAL VEGETABLES | SEASONAL VEGETABLES |
| CHOCOLATE COOKIE | ORANGE JELLY WITH MANDARINS | ICED LEMON SPONGE | SULTANA OATY COOKIE | FRUITY FRIDAY |

**MAIN ME AL VEGETARIAN**



**J**

**SIDE DISH**

**Food for Life**

**DESSERTS**

**m**Scho**e** ol L**n**un**u**ch



**Our Menu**

With this menu we continue with our achievement of Food for

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.

**AVAILABLE DAILY:**

Home Baked Bread, Seasonal Fresh Fruit & Water

**For more information on the award please visit foodforlife.org.uk/schools**

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 and are nut free.





# Week Two Menu

# WC: 16th NOV,7th DEC, 11th JAN,1st FEB,

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**AVAILABLE DAILY:**

Home Baked Bread, Seasonal Fresh Fruit & Water



# Week One Menu

# WC: 9th NOV,30th NOV, 4th JAN, 25th JAN, 15th FEB

## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

**DESSERTS**

**SIDE DISH**

**DESSER T S**

**SIDE DISH**

**MAIN MEAL**

**MAIN MEAL**

**VEGETAR IAN**

**VEGETARIAN**

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| --- | --- | --- | --- | --- |
| HAM,CHEESE & TOMATO PIZZA with OVEN BAKED WEDGES | MILD CHICKEN CURRY & RICE | ROAST TURKEY served with ROAST POTATOES and GRAVY | ALL DAY BREAKFAST- BACON | COD OR SALMON FISH FINGERS & CHIPS |
| CHEESE & TOMATO PIZZA with OVEN BAKED WEDGES | SHEPHERDESS PIE | CHEESE AND BAKED BEAN PUFF | VEGETARIAN PASTA BOLOGNAISE | VEGETABLE FINGERS & CHIPS |
| SEASONAL VEGETABLES | SEASONAL VEGETABLES | SEASONAL VEGETABLES | SEASONAL VEGETABLES | SEASONAL VEGETABLES |
| APPLE CRUMBLE AND CUSTARD | CINNAMON OATY COOKIE | VANILLA ICECREAM | JAM TART | FRUITY  FRIDAY |

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| --- | --- | --- | --- | --- |
| PORK SAUSAGE MASH & GRAVY | CHICKEN & TOMATO PASTA  BAKE | ROAST GAMMON served with Roast Potatoes and Gravy | BEEF LASAGNE | FISHCAKE & CHIPS |
| VEGETARIAN SAUSAGE MASH & GRAVY | MACARONI CHEESE | ROAST VEGETABLE FRITTATA | VEGETABLE LASAGNE | VEGETABLE FINGERS & CHIPS |
| SEASONAL VEGETABLES | SEASONAL VEGETABLES | SEASONAL VEGETABLES | SEASONAL VEGETABLES | SEASONAL VEGETABLES |
| FLAPJACK | BANANA TRAYBAKE | SHORTBREAD | CHOCOLATE BROWNIE | FRUITY FRIDAY |

**AVAILABLE DAILY:**

Home Baked Bread, Seasonal Fresh Fruit & Water