



## Week Three Menu

Served weeks commencing: 20/9, 11/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	MEATBALLS IN TOMATO SAUCE WITH RICE	CHICKEN and SWEETCORN PIE served with NEW POTATOES	ROAST CHICKEN served with ROAST POTATOES AND GRAVY	SPAGHETTI BOLEGNISE	FISH FINGERS & CHIPS
VEGETARIAN	VEGETARIAN MEATBALLS IN TOMATO SAUCE WITH RICE	CHEESE & TOMATO PASTA BAKE	VEGGIE COWBOY PIE	MIXED BEAN AND VEGETABLE WRAP	VEGETABLE NUGGETS & CHIPS
SIDE DISH	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES
DESSERTS	CHOCOLATE COOKIE	ORANGE JELLY WITH MANDARINS	LEMON SPONGE & CUSTARD	SULTANA OATY COOKIE	FRUITY FRIDAY



# School Lunch menu

### AVAILABLE DAILY:

Home Baked Bread, Seasonal Fresh Fruit & Water

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 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 One Menu

Served weeks commencing: 6/9, 27/9, 18/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	PORK SAUSAGE MASH & GRAVY	CHICKEN & TOMATO PASTA BAKE	ROAST GAMMON served with Roast Potatoes and Gravy	BEEF LASAGNE	FISHCAKE & CHIPS
VEGETARIAN	VEGETARIAN SAUSAGE MASH & GRAVY	MACARONI CHEESE	ROAST VEGETABLE FRITTATA	VEGETABLE LASAGNE	VEGETABLE FINGERS & CHIPS
SIDE DISH	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES
DESSERTS	FLAPJACK	BANANA TRAYBAKE	SHORTBREAD	CHOCOLATE BROWNIE	FRUITY FRIDAY

### AVAILABLE DAILY:

Home Baked Bread, Seasonal Fresh Fruit & Water



## Week Two Menu

Served weeks commencing: 13/09, 4/10,

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	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
VEGETARIAN	CHEESE & TOMATO PIZZA with OVEN BAKED WEDGES	SHEPHERDESS PIE	CHEESE AND BAKED BEAN PUFF	VEGETARIAN PASTA BOLOGNAISE	VEGETABLE FINGERS & CHIPS
SIDE DISH	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES	SEASONAL VEGETABLES
DESSERTS	APPLE CRUMBLE AND CUSTARD	CINNAMON OATY COOKIE	VANILLA ICECREAM	JAM TART	FRUITY FRIDAY

### AVAILABLE DAILY:

Home Baked Bread, Seasonal Fresh Fruit & Water