

## Week 1

<b>Monday</b>	Main	Homemade pasta bolognese with bread basket and sweetcorn
	Sandwiches	Tuna Mayo baguette with fruit bag and juice
	Vegetarian	Quorn pasta bolognese with bread basket and sweetcorn
	Dessert	Strawberry whip

<b>Tuesday</b>	Main	Homemade chicken and sweetcorn pie with new potatoes, gravy and broccoli
	Sandwiches	Cheese bap with fruit bag and juice
	Vegetarian	Bean paella with crusty bread and broccoli
	Dessert	Fruit and ice cream

<b>Wednesday</b>	Main	Roast gammon with crispy roast potatoes, gravy, carrots and cauliflower
	Sandwiches	Egg mayo sandwich with fruit bag and juice
	Vegetarian	Vegetarian plait with crispy roast potatoes, gravy, carrots and cauliflower
	Dessert	Cherry shortbread

<b>Thursday</b>	Main	Homemade gammon pizza with mini corn on the cob and mixed salad
	Sandwiches	Gammon sandwich with fruit bag and juice
	Vegetarian	Vegetable pizza with mini corn on the cob and mixed salad
	Dessert	Apple and raspberry sponge and custard

<b>Friday</b>	Main	Salmon fingers with chips, tomato sauce and baked beans or peas
	Sandwiches	Chicken mayo wrap with fruit bag and juice
	Vegetarian	Quorn veggie sausage with chips, tomato sauce and baked beans or peas
	Dessert	Assorted ice cream tub

## Week 2

<b>Monday</b>	Main	Chicken and vegetable noodles, wholemeal bread basket and sweetcorn
	Sandwiches	Cheese bap with fruit bag and juice
	Vegetarian	Quorn chicken and vegetable noodles, wholemeal bread basket and sweetcorn
	Dessert	Fruity flapjack

<b>Tuesday</b>	Main	Homemade cottage pie with gravy and diced carrots
	Sandwiches	Egg mayo baguette with fruit bag and juice
	Vegetarian	Quorn cottage pie with gravy and diced carrots
	Dessert	Apple cobbler and custard

<b>Wednesday</b>	Main	Roast silverside of beef with Yorkshire pudding, crispy roast potatoes, gravy, carrots and cabbage
	Sandwiches	Tuna mayo bap with fruit bag and juice
	Vegetarian	Cauliflower cheese with crispy roast potatoes, gravy, carrots and cabbage
	Dessert	Custard biscuit

<b>Thursday</b>	Main	Ham and cheesy pasta, bread basket and peas
	Sandwiches	Beef baguette with fruit bag and juice
	Vegetarian	Cheese and vegetable pasta, bread basket and peas
	Dessert	Banana cake

<b>Friday</b>	Main	Fish cake with chips, tomato sauce, baked beans or peas
	Sandwiches	Cheese sandwich with fruit bag and juice
	Vegetarian	Mediterranean cous cous , tomato sauce, baked beans or peas
	Dessert	Assorted ice cream tub

## Week 3

<b>Monday</b>	Main	Beef stew and dumplings with farmhouse veg
	Sandwiches	Egg mayo baguette with fruit bag and juice
	Vegetarian	Veggie bean stew with dumplings and farmhouse veg
	Dessert	Fresh fruit salad or cheese and biscuits

<b>Tuesday</b>	Main	Sweet and sour chicken with rice and sweetcorn
	Sandwiches	Tuna mayo wrap with fruit bag and juice
	Vegetarian	Quorn chicken sweet and sour with rice and sweetcorn
	Dessert	Apple crumble and custard

<b>Wednesday</b>	Main	Roast turkey with crispy roast potatoes, gravy, carrots and brussel sprouts
	Sandwiches	Cheese bap with fruit bag and juice
	Vegetarian	Cauliflower and broccoli bake with crispy roast potatoes, gravy, carrots and brussel sprouts
	Dessert	Oat and sultana cookie

<b>Thursday</b>	Main	Westcountry sausages with mashed potato, gravy and fine green beans
	Sandwiches	Turkey sandwich with fruit bag and juice
	Vegetarian	Quorn sausage with mash potato, gravy and fine green beans
	Dessert	Jelly with fruit

<b>Friday</b>	Main	Harry Ramsden fillet of fish with chips, tomato sauce, baked beans or peas
	Sandwiches	Noodle wrap with fruit bag and juice
	Vegetarian	Cheese omelette with chips, tomato sauce, baked beans or peas
	Dessert	Assorted ice cream tub

<b>Month</b>	Week 1	School Holiday
	Week 2	Bank Holiday
	Week 3	

<b>Sept</b>	M		11	18	25
	Tu	5	12	19	26
	W	6	13	20	27
	Th	7	14	21	28
	F	8	15	22	29

<b>Oct</b>	M	2	9	16	23	30
	Tu	3	10	17	24	31
	W	4	11	18	25	
	Th	5	12	19	26	
	F	6	13	20	27	

<b>Nov</b>	M		6	13	20	27
	Tu		7	14	21	28
	W	1	8	15	22	29
	Th	2	9	16	23	30
	F	3	10	17	24	

<b>Dec</b>	M		4	11	18	25
	Tu		5	12	19	26
	W		6	13	20	27
	Th		7	14	21	28
	F	1	8	15	22	29

<b>Jan</b>	M	1	8	15	22	29
	Tu	2	9	16	23	30
	W	3	10	17	24	31
	Th	4	11	18	25	
	F	5	12	19	26	

<b>Feb</b>	M		5	12
	Tu		6	13
	W		7	14
	Th	1	8	15
	F	2	9	16

<b>Choices</b>	Jacket potatoes are available to order daily with a filling of tuna, beans or cheese.
	Salad, bread basket, fresh fruit, low fat yoghurts, semi-skimmed milk and water are also available daily.

Our aim is to provide good quality healthy meals at an affordable price.

All meals are made from quality ingredients.

Our meat, milk, free range eggs, fresh fruit and vegetables are locally sourced and delivered for use daily. All our fish is MSC Stewardship Council approved. We use wholewheat pasta and rice and bread.

We offer a three choice menu with a main dish, vegetarian dish, packed lunch option and a choice of desserts. In addition, jacket potatoes, fruit and yoghurt are available daily.

To save disappointment children pre-order their lunch choice during registration.

If you have any further queries please do not hesitate to contact Marie Henley our Catering Manager on 01626 352854.

Due to unforeseen circumstances sometimes we may need to offer an alternative choice.



# School Menu

September 2017  
to  
February Half Term 2018

