

## Week Three Menu

Served weeks commencing: 11<sup>th</sup> March / 1<sup>st</sup> April / 6<sup>th</sup> May / 3<sup>rd</sup> Jun / 24<sup>th</sup> Jun / 15<sup>th</sup> July / 16<sup>th</sup> Sept / 7<sup>th</sup> Oct 2019

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	CHICKEN IN TOMATO SAUCE with PASTA TWISTS	QUORN IN TOMATO SAUCE with PASTA TWISTS (V)	Jacket Potato	Cold Deli	CHOCOLATE FUDGE PUDDING
TUESDAY	BEEF BURGER WITH POTATO WEDGES	VEGETARIAN HOTDOG WITH POTATO WEDGES (V)	Jacket Potato	Cold Deli	ICED LEMON SPONGE
WEDNESDAY	ROAST CHICKEN, ROAST POTATOES AND GRAVY	CHEESE & TOMATO PUFF (V)	Jacket Potato	Cold Deli	CHOCOLATE & COURGETTE MUFFIN
THURSDAY	MINCED BEEF COBBLER	MACARONI CHEESE (V)	Jacket Potato	Cold Deli	STRAWBERRY JELLY WITH ICECREAM
FRIDAY	FISH FINGERS, BEANS AND CHIPS	VEGETABLE FINGERS, BEANS AND CHIPS (V)	Jacket Potato	Cold Deli	GOOEY ORANGE PUDDING



### AVAILABLE DAILY:

Wholemeal bread, fresh salad bar, water, seasonal fresh fruit, fruit yoghurt.



## School Lunch menu

SPRING '19 – SUMMER '19  
February 2019 – October 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 One Menu

Served weeks commencing: 25<sup>th</sup> Feb / 18<sup>th</sup> March / 22<sup>nd</sup> April / 13<sup>th</sup> May / 10<sup>th</sup> June / 1<sup>st</sup> July / 22<sup>nd</sup> July / 2<sup>nd</sup> Sept / 23<sup>rd</sup> Sept / 14<sup>th</sup> Oct 2019

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	BBQ CHICKEN WITH RICE	BBQ QUORN PIECES WITH RICE (V)	Jacket Potato	Cold Deli	APPLE CRUMBLE WITH CUSTARD
TUESDAY	SPAGHETTI BOLOGNAISE	CHEESE FLAN (V)	Jacket Potato	Cold Deli	CHOCOLATE RICE KRISPIE CAKE
WEDNESDAY	ROAST TURKEY WITH ROAST POTATOES & GRAVY	QUORN FILLET WITH ROAST POTATOES & GRAVY (V)	Jacket Potato	Cold Deli	CARROT CAKE
THURSDAY	MEAT PIZZA WITH WEDGES	CHEESE & TOMATO PIZZA WITH WEDGES	Jacket Potato	Cold Deli	JAM TART & CUSTARD
FRIDAY	SALMON or COD FISH FINGERS WITH CHIPS	VEGETABLE FINGERS WITH CHIPS (V)	Jacket Potato	Cold Deli	PINEAPPLE UPSIDE-DOWN CAKE

## 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<sup>th</sup> Jun / 8<sup>th</sup> Jul / 9<sup>th</sup> Sept / 30<sup>th</sup> Sept / 21<sup>st</sup> Oct 2019

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	SAUSAGE, MASH & GRAVY	VEGETARIAN SAUSAGE, MASH & GRAVY (V)	Jacket Potato	Cold Deli	CHOCOLATE SPONGE WITH CHOCOLATE SAUCE
TUESDAY	SAVOURY MINCED BEEF WITH RICE	VEGETARIAN SAVOURY MINCE WITH RICE	Jacket Potato	Cold Deli	FRUITY FLAPJACK
WEDNESDAY	ROAST GAMMON, ROAST POTATOES, AND GRAVY	VEGETARIAN MEATLOAF WITH ROAST POTATOES AND GRAVY (V)	Jacket Potato	Cold Deli	GINGER SPONGE & VANILLA SAUCE
THURSDAY	CHICKEN AND VEGETABLE PIE	MIXED BEAN & VEGETABLE TORTILLA (V)	Jacket Potato	Cold Deli	SHORTBREAD BISCUIT
FRIDAY	FISH FINGERS WITH CHIPS	CHEESE & TOMATO PASTA BAKE (V)	Jacket Potato	Cold Deli	STICKY TOFFEE PUDDING



### AVAILABLE DAILY:

Wholemeal bread, fresh salad bar, water, seasonal fresh fruit, fruit yoghurt.