



## Week Three Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Meatballs in tomato sauce served with rice	Chicken and sweetcorn pie with mashed potato	Roast Chicken roast potatoes and gravy	Beef chilli con carne and rice	Cod fish fingers and chips
VEGETARIAN	Vegetarian meatballs in tomato sauce served with rice	Cheese and tomato pasta twists	Vegetarian cowboy pie	Mixed bean fajita	Vegetable nuggets with chips
JACKET POTATO	Jacket Potato or sandwich with a choice of filling	Jacket Potato or sandwich with a choice of filling	Jacket Potato or sandwich with a choice of filling	Jacket Potato or sandwich with a choice of filling	Jacket Potato or sandwich with a choice of filling
SIDE DISH	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad
DESSERTS	Chocolate Cookie	Orange jelly with mandarins	Iced Lemon Sponge	Sultana oat cookie	Fruity Friday

### AVAILABLE DAILY:

Choice of Fresh Salad Bar, Selection of Sandwiches with Cheese, Ham & Tuna, Water, Seasonal Fresh Fruit, Fruit & Yoghurt and Fruit Jelly,



# School Lunch menu

Food for Life Bronze menu 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.

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.

For more information on the award please visit [foodforlife.org.uk/schools](http://foodforlife.org.uk/schools)





## Week One Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Pork sausage, mashed potato and gravy	Chicken and tomato pasta	Baked Gammon Roast Potatoes & Gravy	Beef lasagne with wedges	Fishcake and Chips
VEGETARIAN	Vegetarian sausage, mashed potato and gravy	Macaroni cheese	Roast vegetable frittata	Vegetarian lasagne with wedges	Vegetable Fingers with Chips
JACKET POTATO	Jacket Potato or sandwich with a choice of filling	Jacket Potato or sandwich with a choice of filling	Jacket Potato or sandwich with a choice of filling	Jacket Potato or sandwich with a choice of filling	Jacket Potato or sandwich with a choice of filling
SIDE DISH	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad	A Selection of Seasonal Vegetables and Salad
DESSERTS	Flapjack	Banana Traybake	Shortbread	Chocolate brownie	Fruity Friday

### AVAILABLE DAILY:

Choice of Fresh Salad Bar, Selection of Sandwiches with Cheese, Ham & Tuna, Water, Seasonal Fresh Fruit, Fruit & Yoghurt and Fruit Jelly,



## Week Two Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Ham Pizza with Oven Wedges	Mild Chicken Curry, Rice and Naan Bread	Roast Turkey, Potatoes and Gravy	Pasta bolognese	Salmon fishfingers and chips
VEGETARIAN	Cheese and Tomato Pizza with Oven Baked Wedges	BBQ vegetable mixed bean wrap	Cheese and baked bean puff with roast potatoes	Vegetarian pasta bolognese	Vegetable Fingers with Chips
JACKET POTATO	Jacket Potato or sandwich with a choice of filling	Jacket Potato or sandwich with a choice of filling	Jacket Potato or sandwich with a choice of filling	Jacket Potato or sandwich with a choice of filling	Jacket Potato or sandwich with a choice of filling
SIDE DISH	A selection of Seasonal Vegetables and Salad	A selection of Seasonal Vegetables and Salad	A selection of Seasonal Vegetables and Salad	A selection of Seasonal Vegetables and Salad	A selection of Seasonal Vegetables and Salad
DESSERTS	Apple crumble and custard	Cinnamon oaty cookie	Vanilla Ice Cream	Jam tart	Fruity Friday

### AVAILABLE DAILY:

Choice of Fresh Salad Bar, Selection of Sandwiches with Cheese, Ham & Tuna, Water, Seasonal Fresh Fruit, Fruit & Yoghurt and Fruit Jelly,