

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 2 nd Sept 23 rd Sept 14 th Oct 11 th Nov 2 nd Dec	Main	🟡 Braised Chicken Sausages with Onion Gravy	🟡 Beef Lasagne	🟡 Roast Leg of Chicken	Pork Escalope with a Sweet Pepper Onion & Tomato Sauce	🟡 Scampi
	Vegetarian	Spaghetti Napolitaine (in a Tomato & Basil Sauce)	Vegetable Lasagne	Leek & Potato Pie	Mac & Cheese	Roasted Vegetable Wrap
	Carbs & Veg	Mashed Potatoes, Fresh Broccoli, Baton Carrots	New Potatoes, Green Beans, Tossed Salad	Roast Potatoes, Cauliflower, Red Cabbage with Apple	New Potatoes, Mixed Salad, Baton Carrots	Chipped Potatoes, Peas, Baked Beans
	Option	Jacket Potato with Beans or Tuna Mayo	Jacket Potato with Cheese or Coleslaw	Jacket Potato with Beans or Cheese	Jacket Potato with Cheese or Tuna Mayo	Jacket Potato with Cheese or Coleslaw
	Dessert	Blueberry Muffin with Custard	American Pancakes With Fruit Compote	Fresh Fruit Platter, Yoghurt, Cheese & Crackers	Banana Cake With Custard	Speciality Dessert of the Day
Week 2 9 th Sept 30 th Sept 28 th Oct 18 th Nov 9 th Dec	Main	Chicken Kiev	🟡 Shepherd's Pie	Roast Beef Dinner	Chicken Goujons In a ciabatta Roll with slaw	🟡 Breaded Plaice Fillet
	Vegetarian	Wholemeal Cheese & Tomato Quiche	Stir Fried Sweet Chilli Vegetables with Egg Noodles	Vegetarian Sausages in a Yorkshire Pudding with Gravy	Vegetarian Sausage Roll	Pasta in a Tomato & Basil Sauce
	Carbs & Veg	New Potatoes, Peas French Style, Tossed Salad	Mashed Potatoes Broccoli, Peas & Sweetcorn	Roast Potatoes Cauliflower Cheese, Green Beans	Croquette Potatoes Carrots, Baked Beans	Mashed Potatoes, Sweetcorn, Peas
	Option	Jacket Potato with Beans or Cheese	Jacket Potato with Cheese or Coleslaw	Jacket Potato with Beans or Tuna Mayo	Jacket Potato with Tuna Mayonnaise or Beans	Jacket Potato with Baked Beans or Cheese
	Dessert	Apple Crumble with Custard	Ind Strawberry Cheesecake	Fresh Fruit Platter, Yoghurt, Cheese & Crackers	Nut free Carrot Cake	Speciality Dessert of the Day
Week 3 16 th Sept 7 th Oct 4 th Nov 25 th Nov 16 th Dec	Main	🟡 Chicken & Cheese Burger in a Bun	🟡 Tuna & Sweetcorn Pasta Bake	🟡 Roast BBQ Chicken Dinner	🟡 Spaghetti Bolognaise	🟡 Cod Bites
	Vegetarian	Jumbo Vegetable Samosas	Roasted Vegetable Curry	Cheese Omelette	Vegetable Nasi-Goreng (savory vegetable & egg fried rice)	Veggie Burger In a Bun
	Carbs & Veg	New Potatoes, Baked Beans, Sweetcorn	Savory Rice, Green Beans	Roast Potatoes, Cabbage, Carrots	Mixed Salad	Chipped Potatoes, Peas, Baked Beans
	Option	Jacket Potato with Cheese or Coleslaw	Jacket Potato with Beans or Tuna Mayo	Jacket Potato with Tuna Mayonnaise or Beans	Jacket Potato With Beans or Coleslaw	Jacket Potato with Beans or Cheese
	Dessert	American Pancake with Fruit Compote	Ind Blackcurrant Cheesecake	Fresh Fruit Platter, Yoghurt, Cheese & Crackers	Lemon Drizzle Cake	Speciality Dessert of the Day

Salad Bar and Fresh Fruit and Yoghurt are available every day. We use locally sourced ingredients when available and in season.

All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards.

🟡 Halal Suitable