



## Week One Menu

WC: 30th Aug, 20th Sept, 11<sup>TH</sup> Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	PORK SAUSAGE MASH & GRAVY	CHICKEN & BEAN ENCHILADA with JACKET WEDGES	ROAST CHICKEN with ROAST POTATOES & GRAVY	BEEF LASAGNE	FISH FINGERS & CHIPS
VEGETARIAN	VEGETARIAN SAUSAGE MASH & GRAVY	MACARONI CHEESE	ROAST VEGETABLE FRITTATA & ROAST POTATOES	VEGETABLE LASAGNE	VEGETABLE FINGERS & CHIPS
JACKET POTATO/PASTA	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA
SIDE DISH	GARDEN PEAS CARROT BATONS	BROCCOLI GREEN BEANS	CABBAGE CAULIFLOWER	MIXED SALAD SWEETCORN	BAKED BEANS GARDEN PEAS
DESSERTS	FLAPJACK	BANANA TRAYBAKE	SHORTBREAD	CHOCOLATE BROWNIE	FRUITY FRIDAY

### AVAILABLE DAILY:

SANDWICH OPTION: (Ham, Cheese, Tuna or Egg Mayonnaise), Choice of Fresh Salad Bar, Home Baked Bread, Seasonal Fresh Fruit, & Water



## Week Two Menu

WC: 6th Sept, 27th Sept, 18<sup>th</sup> Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	HAM PIZZA with OVEN BAKED WEDGES	BBQ CHICKEN & RICE	ROAST TURKEY, ROAST POTATOES & GRAVY	ALL DAY BREAKFAST – EGG, BEANS POTATOES, FRESH TOMATO WITH PORK SAUSAGE	COD OR SALMON FISH FINGERS & CHIPS
VEGETARIAN	CHEESE & TOMATO PIZZA with OVEN BAKED WEDGES	BBQ VEGETABLE AND MIXED BEAN FAJITA	CHEESE & BAKED BEAN PUFF, ROAST POTATOES & GRAVY	VEGETARIAN PASTA BOLOGNESE	VEGETABLE FINGERS & CHIPS
JACKET POTATO/PASTA	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA
SIDE DISH	COLESLAW SWEETCORN	SALAD BROCCOLI	CABBAGE CARROTS	SWEETCORN SALAD	GARDEN PEAS OR BAKED BEANS
DESSERTS	APPLE CRUMBLE FLAPJACK	CINNAMON OATIE COOKIE	VANILLA ICECREAM	MARBLE CAKE	FRUITY FRIDAY

### AVAILABLE DAILY:

SANDWICH OPTION: (Ham, Cheese, Tuna or Egg Mayonnaise), Choice of Fresh Salad Bar, Home Baked Bread, Seasonal Fresh Fruit, & Water



## Week Three Menu

WC: 13th Sept, 4<sup>th</sup> Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	MEATBALLS IN TOMATO SAUCE WITH PASTA	CHICKEN & SWEETCORN PIE MASH & GRAVY	ROAST CHICKEN with ROAST POTATOES & GRAVY	SPAGHETTI BOLEGNISE	FISH FINGERS & CHIPS
VEGETARIAN	VEGETARIAN MEATBALLS IN TOMATO SAUCE WITH PASTA	CHEESE & TOMATO PASTA BAKE	VEGETARIAN SAUSAGE with ROAST POTATOES & GRAVY	MIXED BEAN FAJITA	VEGETABLE NUGGETS & CHIPS
JACKET POTATO	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA	JACKET POTATO with either BAKED BEANS CHEESE OR TUNA
SIDE DISH	BROCCOLI, CARROT BATONS	GREEN BEANS SWEETCORN	CABBAGE CAULIFLOWER	MIXED SALAD CARROTS	GARDEN PEAS OR BAKED BEANS
DESSERTS	CHOCOLATE COOKIE	ORANGE JELLY WITH MANDARINS	LEMON SPONGE	SULTANA OATIE COOKIE	FRUITY FRIDAY

### AVAILABLE DAILY:

SANDWICH OPTION: (Ham, Cheese, Tuna or Egg Mayonnaise), Choice of Fresh Salad Bar, Home Baked Bread, Seasonal Fresh Fruit, & Water



# School Lunch menu

### Our Menu

With this menu we continue with our achievement of Food for

Our menus meet or exceed government food standards for

Food for Life 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)