

School Lunch Menu

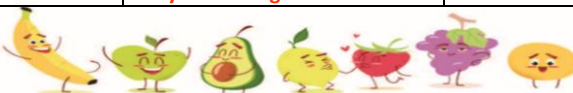
	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 30/8 27/9 25/10 22/11 20/12	Spaghetti Bolognese & Homemade Garlic Bread Or Breaded Fish Fingers Baton Carrots Medley of Fresh Vegetables Mashed Potato Vanilla Ice Cream pot Or Yoghurt & Fruit	Breast of Chicken Curry & Rice, Naan Bread Or Chicken & Cheese Melt Garden Peas *Salad Selection Mashed Potato, Baby Boiled Potatoes Jelly Pot or Yoghurt & Fruit	Homemade Breaded Chicken Goujons Selection of Dipping Sauces Or Spicy Chicken Fajita with Warm Tortilla wrap Sweetcorn, *Salad Selection Mashed Potato, Hot Pasta Twists Fresh Fruit Selection & Fresh Yoghurt	Roast Pork Or Roast Chicken Herb Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Mashed Potato Chocolate muffin Or Fruit & Yoghurt	Hot Dog Or Ciabatta Pizza Slices Baked Beans Peas *Tossed Salad Chips, Mashed Potato Flakemeal Biscuit or Yoghurt & Fruit
WEEK 2 6/9 4/10 1/11 29/11	Chicken Chow Mein Or Steak Burger Gravy Broccoli Florets Fresh Baton Carrots Mashed Potato Fresh Fruit Selection & Fresh Yoghurt	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Homemade Margherita Pizza Garden Peas, Tossed Salad Pasta Twists Shortbread or Yoghurt & Fruit	Cheesy Bolo Pasta Or Fresh Breaded Fish Goujons with lemon slice, Tartar Sauce Baked Beans, Garden Peas Sweetcorn, *Salad Selection Mashed Potato Jelly Pot or Yoghurt & Fruit	Roast Breast of Chicken Or Chicken Crumble Herb Stuffing Gravy Cauliflower Cheese Fresh Diced Carrots / Parsnip, Mashed Potato Chocolate muffin Or Fruit & Yoghurt	Chicken Nuggets Or Hot Thai flavoured Chicken Wrap Salsa Dip, Sweetcorn *Salad Selection Chips Baked Potato Vanilla Ice Cream pot Or Yoghurt & Fruit
WEEK 3 13/9 11/10 8/11 6/12	Italian Bolognese Pasta Or Breaded Fish Fingers Baked Beans, Sweetcorn Broccoli Florets Mashed Potato Ice Cream pot Or Yoghurt & Fruit	Mac & Cheese Or Homemade Salt & Chilli or Traditional Chicken Goujons, Selection of dipping sauces Baton Carrots, * Salad Selection, Chips, Mashed Potato Jelly Pot or Yoghurt & Fruit	Mexican Enchilada Or Oven Baked Sausage Garden Peas Mediterranean Roasted Vegetables, Mashed Potato Baby Boiled Potatoes Fresh Fruit Selection & Yoghurt	Chicken Panini Or Roast Turkey Herb Stuffing Cranberry Sauce, Gravy Fresh Carrot or Parsnip Fresh Savoy Cabbage Mashed Potato Chocolate Cookie Or Fruit & Yoghurt	Traditional Homemade Chicken or Smooth & Hearty Vegetable Soup Steak Burger in Bap, Or Bang Bang Chicken in Hot Baguette Mashed Potato, Tossed Salad Selection of breads Frozen Mousse or Fresh Fruit & Yoghurt
WEEK 4 20/9 18/10 15/11 13/12	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Chicken & Broccoli Bake Garden Peas Fresh Savoy Cabbage Gravy Mashed Potato Chocolate muffin Or Fruit & Yoghurt	Chicken Stir Fry & Noodles Or Oven Baked Sausage Baked Beans Sweetcorn Baton Carrots Mashed Potato Flakemeal Biscuit or Yoghurt & Fruit	Roast Breast Chicken Or Beef Stew Herb Stuffing Gravy Diced Turnip Fresh Baton Carrots Mashed Potato Jelly Pot or Yoghurt & Fruit	Spaghetti Bolognese Or Fresh Breaded Fish Fillets Or Salmon fish cake Lemon Slice and Tartar Sauce, Broccoli & Cauliflower Florets Mashed Potato Selection of Fruit & Yoghurt	Homemade Margherita Pizza Or Marinated Chicken Fillets with warm Tortilla Wraps * Salad Selection Sweetcorn Traditional Champ Chips Artic Roll or Fruit & Yoghurt

*Breads
Milk, Water
Fresh Fruit,
Yoghurt
Available Daily*

**2 Items from
Cook's Salad
Selection
Rice Salad,
Coleslaw
Sweet Chilli Pasta
Tossed Salad
Lettuce, Cherry
Tomato
Carrot Sticks
Cucumber Sticks
Diced Red Peppers
Red Onion
Radish*

*If You Require
Any Additional
Information on
Allergens or
Special Diets
Please Contact
the School to
complete a
Special Diets
Application Form*

Rice, Pasta, Potatoes and Gravy can be served Daily



Menu choices subject to deliveries
Fresh Fish May Contain Bones