

SEASONAL MENU

WEEK ONE

WC; 3/11, 24/11, 15/12



Meat/Fish

MONDAY

Chicken burger with homemade potato wedges, peas or sweetcorn. (G)

TUESDAY

Beef bolognese with spaghetti and mixed veg. (G)

WEDNESDAY

Roast Gammon with Yorkshire pudding. Roast potatoes, broccoli and gravy. (G)

THURSDAY

Chicken and Veg noodles with green beans. (G, E, So)

FRIDAY

Fish fingers with chips and peas or baked beans. (G, F)



Vegetarian

MONDAY

Vegetable burgers with homemade wedges, peas or sweetcorn. (G, M)

TUESDAY

Vegetarian Bolognese with spaghetti and mixed veg. (G, So)

WEDNESDAY

Roasted Vegetable cheese stack, Roast potatoes, broccoli and gravy. (G, M)

THURSDAY

Vegetable stir-fry with green beans. (G, E, So)

FRIDAY

Cheese and tomato quiche with chips and peas. (G, E, M)

Crispy vegetable nuggets with chips peas and baked beans (G)



Combo

MONDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. (M, E, F)

Pasta with a choice of grated cheese or homemade tomato and basil sauce. (G, M)

Both served with a side salad

TUESDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. With side salad. (M, E, F)

Wrap with a choice of fillings; Grated cheese, ham or tuna mayo. (G)

Served with a side salad and tortilla crisps. (May contain G, Se, So, C, M and Mu)

WEDNESDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. (M, E, F)

Pasta with a choice of grated cheese or homemade tomato and basil sauce. (G, M)

Both served with a side salad

THURSDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. Served with a side salad. (M, E, F)

Baguettes with either, Grated cheese, ham or tuna mayo. (May contain G and Se)

Both served with a side salad

FRIDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. With side salad.

Wrap with a choice of fillings; Grated cheese, ham or tuna mayo. (G)

Served with a side salad and tortilla crisps. (May contain G, Se, So, C, M and Mu)



Salad

MONDAY

Salad bar

TUESDAY

Salad bar

WEDNESDAY

Salad bar

THURSDAY

Salad bar

FRIDAY

Salad bar



Pudding

MONDAY

Fruit meringues (E, M)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

WEDNESDAY

Apple pie and custard (G, M)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

FRIDAY

Fruity oat cookies, (G, Su)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

TUESDAY

Chocolate brownie. (G, E)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

THURSDAY

Lemon and courgette cake. (G, E)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)



Menu meets school food plan nutritional standards

(V) Suitable for Vegetarians, (Ve) Suitable for Vegans Allergen key - Cereals containing Gluten (G), Molluscs (Mo), Peanuts (P), Eggs (E), Milk (M), Mustard (Mu), Sesame (Se), Crustaceans (Cr), Fish (F), Nuts (N), Soya (So), Celery (Ce), Lupin (Lu), Sulphur dioxide (Su) Jacket Potatoes and Freshly cooked pasta available daily Jacket potato fillings - Grated cheddar cheese (M), Tuna Mayonnaise (F,E), Baked Beans Pasta toppings - Tomato and vegetable sauce, Grated cheese (M) Fresh bread available daily (G,So) may also contain eggs and milk Fresh salads available daily which will always be allergen free.