

## Week One Menu

Served weeks commencing: 3/9/18, 24/9/18, 15/10/18, 05/11/18, 26/11/18, 17/12/18

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	Chicken Korma & Rice	Cauliflower Cheese & Baked Potato Wedges	Jacket Potato or Fresh Pasta	Cold Deli Cheese Baguette	Vanilla Sponge
TUESDAY	Spaghetti Bolognese & Garlic Bread	Shepherdess Pie	Jacket Potato or Fresh Pasta	Cold Deli Ham Baguette	Shortbread & Yoghurt
WEDNESDAY	Roast Gammon, Roast Potatoes and Gravy	Cheese & Baked Bean Pie	Jacket Potato or Fresh Pasta	Cold Deli Egg Mayonnaise Baguette	Crunchy Lemon Cake
THURSDAY	Chicken Burger	Cheese & Sweet Pepper Tart	Jacket Potato or Fresh Pasta	Cold Deli Tuna Mayonnaise Baguette	Cinnamon Cookie
FRIDAY	Fish Finger with beans and Chips	Vegetable Nuggets with Beans and Chips	Jacket Potato or Fresh Pasta	Cold Deli Cheese & Ham Baguette	Fruity Friday



### AVAILABLE DAILY:

Wholemeal bread, fresh salad, water, fresh fruit, fruit yoghurt, Jacket pot OR pasta option daily, as well as Cheese and Crackers



School Lunch

# menu

SUMMER 2018 TO WINTER 2018

### FOOD for LIFE

With this menu we continue with our achievement of Food for Life Silver; 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.

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



### OUR MENU

- Our menus meet or exceed government food standards for school meals.
- Do not include fish on the Marine Conservation Society 'Fish to Avoid' list.
- Only contain British farm assured meat.
- Are nut free, peanut free and shellfish free



## Week Two Menu

Served weeks commencing: 10/9/18, 1/10/18, 22/10/18, 12/11/18, 3/12/18

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	Ham Pizza with Wedges	Vegetable Curry & Rice	Jacket Potato or Fresh Pasta	Cold Deli Cheese Baguette	Marble Cake
TUESDAY	Lasagne	Hummus Pitta & Crudite	Jacket Potato or Fresh Pasta	Cold Deli Ham Baguette	Cherry Crumble & Custard
WEDNESDAY	Roast Turkey Roast Potatoes, Vegetables and Gravy	Macaroni Cheese	Jacket Potato or Fresh Pasta	Cold Deli Egg Mayonnaise Baguette	Fruit Jelly
THURSDAY	Toad in the Hole with Mashed Potatoes	Mediterranean Pasta Bake	Jacket Potato or Fresh Pasta	Cold Deli Tuna Mayonnaise Baguette	Chocolate Sponge and Chocolate Sauce
FRIDAY	Breaded Fish, Peas and Chips	Vegetable Burger, Beans and Chips	Jacket Potato or Fresh Pasta	Cold Deli Cheese & Ham Baguette	Fruity Friday

## Week Three Menu

Served weeks commencing: 17/9/18, 8/10/18, 29/10/18, 19/11/18, 10/12/18

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	Meatballs in Tomato Sauce with Pasta Twists	Quorn Sausage and Mash	Jacket Potato or Fresh Pasta	Cold Deli Cheese Baguette	Rice Crispy Cake
TUESDAY	Beef Hotpot & New Potatoes	Cheese & Tomato Pizza	Jacket Potato or Fresh Pasta	Cold Deli Ham Baguette	Vanilla Ice Cream
WEDNESDAY	Roast Chicken, Vegetables, Roast Potatoes and Gravy	Vegetable Savoury Rice	Jacket Potato or Fresh Pasta	Cold Deli Egg Mayonnaise Baguette	Eton Mess
THURSDAY	Shepherds Pie	Vegetable Lasagne	Jacket Potato or Fresh Pasta	Cold Deli Tuna Mayonnaise Baguette	Oat Cookie
FRIDAY	Fish Cakes, Beans and Chips	Cheese Dippers	Jacket Potato or Fresh Pasta	Cold Deli Cheese & Ham Baguette	Fruity Friday



### AVAILABLE DAILY:

Wholemeal bread, fresh salad, water, fresh fruit, fruit yoghurt, Jacket pot OR pasta option daily, as well as Cheese and Crackers