Welcome to

GOOD



- mains -

MONDAY BBQ Chicken with Rice served with Cauliflower & Green Beans

TUESDAY

Lamb Pasta Bolognese served with Carrots & Peas

WEDNESDAY Roast Chicken, Roast Potatoes & Gravy served with Broccoli & White Cabbage

THURSDAY Sweet & Sour Chicken with Egg Noodles served with Fruity Coleslaw & Mixed Salad

FRIDAY Fish Fingers & Chips served with Baked Beans & Peas

Lunch



We care about Good School Food!

Which is why we work closely with the Soil Association to make sure we are providing food which is healthy, sustainably sourced, better for animal welfare and delicious of course! This means...

- All of the eggs we use are free range
- We source British, local and seasonal produce where possible
- Our meat is sourced from UK farms with high standards of animal welfare
- We have achieved the MSC's (Marine Stewardship Council) Chain of Custody certification which demonstrates that the fish we serve is from
- well-managed & sustainable fisheries we don't serve any endangered fish

THE SKITCHEN ~ e YOUR MENU FOR WEEK ONE

MONDAY Quorn & Vegetable Pasta Bake served with Carrots & Peas

TUESDAY Spicy Bean Burger served with Cauliflower & Green Beans

WEDNESDAY Roasted Soya Strips with Roast Potatoes & Gravy served with Broccoli & Carrots

THURSDAY Mushroom & Chive Macaroni Cheese served with Coleslaw & Green Salad

> FRIDAY Neopolitan Pasta Bake served with Baked Beans & Peas

THE L KITCHEN Le

YOUR MENU FOR WEEK TWO

- vegetarian -

MONDAY **Cheese & Onion Quiche** served with Cauliflower & Green Beans

TUESDAY Vegetarian Meatballs with Tomato Sauce & Pasta served with Carrots & Peas

WEDNESDAY nion & Tomato Frittata with Roast served with Broccoli & White Cabba

THURSDAY Cheese & Potato Pie with Fruity Coleslaw & Mixed Salad

FRIDAY Vegetarian Sausage with Chips served with Baked Beans & Peas

- desserts -

MONDAY Peach Upside Down Cake with Custard

> TUESDAY Lemon Sponge

WEDNESDAY Pear & Ginger Sponge with Custard

> THURSDAY Jelly with Ice Cream

FRIDAY Chocolate Sponge with Custard

Land

- mains -

- mains -MONDAY

Chicken Sausage with Mash & Gravy served with Carrots & Peas TUESDAY

Lamb & Onion Pie with Crushed Potatoes served with Cauliflower &

Green Beans

WEDNESDAY

Roast Turkey, Roast Potatoes & Gravy served with Broccoli & Carrots

THURSDAY

Chicken Curry with Rice served with Coleslaw & Green Salad

FRIDAY

Breaded Fish & Chips served with Baked Beans & Peas

MONDAY Lamb Chilli Con Carne with Rice served with Carrots & Green Beans

TUESDAY **Chicken & Sweetcorn Pie** served with Cauliflower & Peas

WEDNESDAY **Roast Pork with Roast Potatoes & Gravy** served with Carrots & Green Beans

> THURSDAY Shepherd's Pie served with Cabbage & Swede

FRIDAY **Breaded Fish & Chips** served with Baked Beans & Peas

Lunites

served with Carrots & Green Beans TUESDAY Vegetarian Lasagne served with Cauliflower & Peas

WEDNESDAY Vegetable & Lentil Loaf With Roast Potatoes & Gravy served with Carrots & Green Beans

> THURSDAY **Cheese & Red Onion Calzone** served with Cabbage & Swede

FRIDAY Roasted Vegetable Tart with Chips served with Baked Beans & Peas

- vegetarian -

- dessents -

MONDAY Apple Crumble with Custard

TUESDAY **Chocolate Sponge with Vanilla Sauce**

> WEDNESDAY Jelly & Ice Cream

THURSDAY **Fruits of the Forst Sponge** with Custard

FRIDAY **Banana & Coconut Muffin**

T to O



YOUR MENU FOR WEEK THREE

- vegetarian -

MONDAY **Neopolitan Pasta**

- desserts -

MONDAY **Apple Crumble** with Custard

TUESDAY Chocolate Sponge with Vanilla Sauce

> WEDNESDAY Pear Sponge with Custard

THURSDAY Apple & Cinnamon Sponge with Vanilla Custard

FRIDAY **Chocolate & Beetroot Brownie**