

# Welcome to



## 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 KITCHEN

### YOUR MENU FOR WEEK ONE

#### - mains -

- MONDAY**  
Pork Sausage with Mash & Gravy served with Carrots & Peas
- TUESDAY**  
Beef & 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**  
Fish Fingers & Chips served with Baked Beans & Peas

#### - vegetarian -

- 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

#### - desserts -

- MONDAY**  
Apple Crumble with Custard
- TUESDAY**  
Chocolate Sponge with Vanilla Sauce
- WEDNESDAY**  
Frozen Toffee Yoghurt
- THURSDAY**  
Fruits of the Forst Sponge with Custard
- FRIDAY**  
Banana & Coconut Muffin

## THE KITCHEN

### YOUR MENU FOR WEEK TWO

#### - mains -

- MONDAY**  
BBQ Pork with Rice served with Green Beans & Sweetcorn
- TUESDAY**  
Beef Pasta Bolognese served with Carrots & Peas
- WEDNESDAY**  
Roast Gammon, Roast Potatoes & Gravy served with Broccoli & White Cabbage
- THURSDAY**  
Sweet & Sour Chicken with Egg Noodles served with Fruity Coleslaw & Sweetcorn
- FRIDAY**  
Battered Fish & Chips served with Baked Beans & Peas

#### - vegetarian -

- MONDAY**  
Cheese & Onion Quiche served with Green Beans & Sweetcorn
- TUESDAY**  
Vegetarian Meatballs with Tomato Sauce & Pasta served with Carrots & Peas
- WEDNESDAY**  
Red Onion & Tomato Frittata with Roast Potatoes served with Broccoli & White Cabbage
- THURSDAY**  
Cheese & Potato Pie served with Fruity Coleslaw & Sweetcorn
- FRIDAY**  
Vegetarian Frankfurter 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

## THE KITCHEN

### YOUR MENU FOR WEEK THREE

#### - mains -

- MONDAY**  
Beef Chilli Con Carne with Rice served with Carrots & Green Beans
- TUESDAY**  
Chicken & Sweetcorn Pie served with Cauliflower & Peas
- WEDNESDAY**  
Roast Turkey with Roast Potatoes & Gravy served with Broccoli & Carrots
- THURSDAY**  
Cottage Pie served with Roasted Mediterranean Vegetables & Sweetcorn
- FRIDAY**  
Breaded Fish & Chips served with Baked Beans & Peas

#### - vegetarian -

- MONDAY**  
Neopolitan Pasta served with Carrots & Green Beans
- TUESDAY**  
Vegetarian Lasagne served with Cauliflower & Peas
- WEDNESDAY**  
Vegetable & Lentil Loaf With Roast Potatoes & Gravy served with Broccoli & Carrots
- THURSDAY**  
Cheese & Red Onion Calzone served with Roasted Mediterranean Vegetables & Sweetcorn
- FRIDAY**  
Roasted Vegetable Tart served with Baked Beans & Peas

#### - desserts -

- MONDAY**  
Apple Crumble with Custard
- TUESDAY**  
Chocolate Sponge with Vanilla Sauce
- WEDNESDAY**  
Blueberry Sponge with Custard
- THURSDAY**  
Apple & Cinnamon Sponge with Vanilla Custard
- FRIDAY**  
Chocolate & Beetroot Brownie