





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 served with Cauliflower & Green Beans

WEDNESDAY Roast Chicken, Roast Potatoes & Gravy served with Broccoli & Carrots

THURSDAY
Turkey Meatballs with Rice
served with Coleslaw & Sweetcorn

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 & Sweetcorn

FRIDAY
Neopolitan Pasta Bake
served with Baked Beans & Peas

- desserts-

MONDAY Apple Crumble with Custard

TUESDAY
Peaches with Ice Cream

WEDNESDAY Frozen Toffee Yoghurt

THURSDAY Fruity Flapjack

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

In this

- vegetarian -

MONDAY
Vegetarian Meatballs in Tomato Sauce with
Pasta served with Green Beans & Sweetcorn

TUESDAY

Cheese & Onion Quiche served with Carrots & Peas

WEDNESDAY Red Onion & Tomato Frittata with Roast Potatoes served with Broccoli & White Cabbag

THURSDAY
Cheese & Potato Pie
ith Fruity Coleslaw & Sweetcorn

FRIDAY
Vegetarian Frankfurter with Chips
served with Baked Beans & Peas

- desserts-

MONDAY
Peach Upside Down Cake
with Custard

TUESDAY Eton Mess

WEDNESDAY Ginger Biscuit

THURSDAY elly with Mandarins

FRIDAY emon & Courgette Muffin

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

THURSDAY Cottage Pie served with Roasted Mediterranean Vegetables & Sweetcorn

FRIDAY
Breaded Fish & Chips
served with Baked Beans & Peas

In the

- 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 Carrots & Green Beans

THURSDAY \$
Cheese & Red Onion Calzone
served with Roasted Mediterranean
Vegetables & Sweetcorn

FRIDAY Roasted Vegetable Tart served with Baked Beans & Peas

- desserts-

MONDAY Pear Crumble with Custard

TUESDAY
Apple & Berry Sponge
with Custard

WEDNESDAY Frozen Strawberry Yoghurt

> THURSDAY Blueberry Muffin

FRIDAY
Chocolate & Beetroot Brownie