

# Week One

Monday

**Choose From**  
Chicken Sausages  
with Potato Wedges  
Margherita Popeye Pizza **HM**  
Jacket Potato with  
Baked Beans & Cheese

**On the Side**  
Sweetcorn & Peas  
**Something Sweet**  
Chocolate **HM**  
Corn Flake Crispy

UNLIMITED ACCESS TO OUR SALAD BAR WITH 3 TO 6 ITEMS TO CHOOSE FROM AVAILABLE DAILY

Tuesday

**Choose From**  
Oriental Sticky Salmon **HM**  
Wrap With New Potatoes  
Macaroni Cheese **HM**  
Vegetable Tikka **HM**  
Masala With Rice

**On the Side**  
Broccoli & Carrots  
**Something Sweet**  
Peach Sponge **HM**  
& Custard

**Yeo Valley**  
Our Yeo Valley yoghurts are **ORGANIC!** We love Yeo because they support **BRITISH** farmers and local wildlife.

Wednesday

**Choose From**  
Roast Chicken with **HM**  
Roast Potatoes & Gravy  
Winter Vegetable Puff Square **HM**  
with Gravy & Roast Potatoes  
Jacket Potato with Ratatouille **HM**

**On the Side**  
Green Cabbage &  
Honey Roasted Parsnips  
**Something Sweet**  
Strawberry Jelly

DON'T FANCY THE DESSERT ON THE MENU? CHOOSE FROM A SELECTION OF FRESH FRUIT & ORGANIC YOGHURTS

Thursday

**Choose From**  
Cottage Pie **HM**  
Vegetable & Lentil **HM**  
Pasta Bolognese  
Chunky Winter Vegetable Soup **HM**  
served with Baguette

**On the Side**  
Green Beans & Cauliflower  
**Something Sweet**  
Apple Crumble **HM**  
& Custard

Friday

**Choose From**  
Fish Fingers **HM**  
served with Chips  
Roasted Vegetable & Cheese Pasta **HM**  
Jamaican Jerk Chicken **HM**  
with Rice & Peas

**On the Side**  
Baked Beans & Peas  
**Something Sweet**  
Banana & **HM**  
Courgette Muffin

All of our fish is **SUSTAINABLY SOURCED!**

WEEK COMMENCING:  
5TH SEPT, 26TH SEPT, 17TH OCT



MSC-C-50236

# Week Two

Monday

**Choose From**  
Tandoori Baked Fish **HM**  
with Crushed Potatoes  
Soya Strip Honey & **HM**  
Ginger Stir Fry with Rice  
Cheese & Tomato Quiche **HM**  
with Crushed Potatoes

**On the Side**  
Sweetcorn & Peas  
**Something Sweet**  
Apple Flapjack with **HM**  
a Glass of Milk

Tuesday

**Choose From**  
Chicken Korma **HM**  
served with Rice  
Vegetable Risotto **HM**  
Jacket Potato with  
Beans & Cheese

**On the Side**  
Green Vegetable Medley  
& Grilled Tomatoes  
**Something Sweet**  
Chocolate Pear Eve's **HM**  
Pudding & Custard

We use **ORGANIC MILK** in all of our homemade dishes!

Wednesday

**Choose From**  
Roast Turkey with **HM**  
Roast Potatoes & Gravy  
Winter Vegetable Whirl with **HM**  
Roast Potatoes & Gravy  
Beef Hotpot **HM**

**On the Side**  
Mashed Carrots  
& Brussel Sprouts  
**Something Sweet**  
Peaches  
& Ice Cream

All of our cheese is **RED TRACTOR**, which means it can be traced from farm gate to school plate!



Thursday

**Choose From**  
Beef Lasagne **HM**  
Vegetable Medley in Tomato **HM**  
Sauce with Mashed Potato  
Vegetarian Pasta Bolognese **HM**

**On the Side**  
Broccoli & Sweetcorn  
**Something Sweet**  
Orange Sponge **HM**  
& Custard

A DAILY CHOICE OF FRESH WHOLEMEAL & ORGANIC WHITE CRUSTY BREAD

Friday

**Choose From**  
Southern Baked Crispy **HM**  
Topped Chicken with Chips  
Vegetable Chow Mein **HM**  
Vegetable & Cheese Frittata **HM**  
served with Chips

**On the Side**  
Baked Beans & Peas  
**Something Sweet**  
Sultana Shortbread **HM**

We think that **BRITISH SEASONAL** food is fresh, tasty and nutritious. Some of our favourites this season are carrots, cabbage, onions, cauliflower, swede & beetroot!

WEEK COMMENCING:  
12TH SEPT, 3RD OCT

# Week Three

Monday

**Choose From**  
BBQ Chicken Pizza **HM**  
Neapolitan Pasta **HM**  
Jacket Potato with Tuna  
Mayonnaise & Sweetcorn

**On the Side**  
Sweetcorn & Peas  
**Something Sweet**  
Oat Dream Cookie **HM**

Tuesday

**Choose From**  
Turkey Bolognese **HM**  
Vegetable Bean Chilli with Rice **HM**  
Wholemeal Cheese & Tomato **HM**  
Quiche with Crushed Potatoes

**On the Side**  
Braised Red  
Cabbage & Green Beans  
**Something Sweet**  
Pineapple Upside-down **HM**  
Cake & Custard

CHILLED DRINKING WATER IS ALWAYS AVAILABLE

Wednesday

**Choose From**  
Roast Beef served with **HM**  
Roast Potatoes & Gravy  
Vegetarian Sausage served **HM**  
with Roast Potatoes & Gravy  
Jacket Potato with Beans, Cheese,  
Tuna Mayonnaise or Fruity Coleslaw

**On the Side**  
Carrots & Honey Roasted Parsnips  
**Something Sweet**  
Orange & **HM**  
Carrot Muffin

All of our eggs are **FREE RANGE**. We use them in lots of our cakes, quiches and other homemade dishes!

Thursday

**Choose From**  
Moroccan Beef **HM**  
with Rice  
Quorn Paella **HM**  
Italian Tomato & **HM**  
Basil Pasta with Cheese

**On the Side**  
Sweetcorn & Roasted  
Mediterranean Vegetables  
**Something Sweet**  
Fresh Fruit Salad **HM**

All our meat is **RED TRACTOR, FREE RANGE OR ORGANIC!**

Friday

**Choose From**  
Fish Fingers served with Chips **HM**  
Spicy Bean Burger **HM**  
served with Chips  
Cauliflower Cheese with **HM**  
Mashed Sweet Potatoes

**On the Side**  
Baked Beans & Peas  
**Something Sweet**  
Apple Rice **HM**  
Pudding

WEEK COMMENCING:  
19TH SEPT, 10TH OCT

Free Range Chicken **FR**  
Organic Beef **O**  
MSC Certified **MSC**  
Homemade **HM**

