

**Week One** WEEK COMMENCING: 5TH SEP / 26TH SEP / 17TH OCT / 14TH NOV / 5TH DEC / 2ND JAN / 23RD JAN

Monday

Chicken Korma with Rice	Carrots & Spinach
Vegetable & Tomato Pasta Bake	
Tuna & Sweetcorn Wrap	Apple Crumble & Custard

Tuesday

Cottage Pie	Peas & Roasted Butternut Squash
Honey & Ginger Soya Strips with Rice	
Jacket Potato with Cheese	Courgette & Lemon Cake

Wednesday

Roast Lamb with Roast or New Potatoes & Gravy	Broccoli & Roasted Parsnips
Macaroni Cheese	
Jacket Potato with Baked Beans	Jelly & Mandarins

Thursday

BBQ Chicken Pizza	Roasted Mediterranean Vegetables & Sweetcorn
Margherita Popeye Pizza	
Ham Salad Baguette	Apple Flapjack

Friday

Fish Fingers with Chips 	Baked Beans & Peas
Quorn Stir Fry with Rice	
Jacket Potato with Coleslaw	Fruit Salad & Honey Yoghurt

**Week Two** WEEK COMMENCING: 12TH SEP / 3RD OCT / 31ST OCT / 21ST NOV / 12TH DEC / 9TH JAN / 30TH JAN

Monday

Sausages with Mash & Gravy	Carrots & Green Beans
Vegetarian Sausages with Mash & Gravy	
Cheese & Salad Roll	Chocolate & Beetroot Brownie

Tuesday

Beef Spaghetti Bolognese	Cauliflower & Spinach
Sweet Potato & Chickpea Curry with Rice	
Jacket Potato with Tuna Mayonnaise	Chocolate & Pear Pudding with Custard

Wednesday

Roast Chicken Breast with Roast or New Potatoes & Gravy	Broccoli & Honey Roast Root Vegetables
Roasted Vegetable Lasagne	
Sticky Salmon Wrap	Frozen Strawberry Yoghurt

Thursday

Ham & Pineapple Pizza	Carrots & Sweetcorn
Margherita Popeye Pizza	
Vegetable Burrito	Peach Sponge & Vanilla Sauce

Friday

Breaded Fish & Chips 	Baked Beans & Peas
Quorn Paella	
Jacket Potato with Baked Beans	Pineapple Upside Down Cake with Custard

**Week Three** WEEK COMMENCING: 19TH SEPT / 10TH OCT / 7TH NOV / 28TH NOV / 19TH DEC / 16TH JAN / 6TH FEB

Monday

Sweet & Sour Chicken with Rice	Green Beans & Roasted Butternut Squash
Bubble & Squeak Frittata with Baked Jacket Wedges	
Jacket Potato with Baked Beans & Cheese	Peaches & Ice Cream

Tuesday

Beef Lasagne	Carrots & Roasted Mediterranean Vegetables
Broccoli & Cauliflower Cheese Pasta	
Ham & Tomato Wrap	Orange & Carrot Muffin


Wednesday

Roast Gammon with Roast or New Potatoes	Braised Red Cabbage & Broccoli
Savoury Minced Quorn with Roast or New Potatoes & Gravy	
Jacket Potato with Cheese or Tuna Mayonnaise	Fruity Flapjack

Thursday

Meat Feast Pizza	Courgettes & Sweetcorn
Margherita Popeye Pizza with Garlic Bread	
Mexican Bean & Rice Wrap	Banana Crumble with Custard

Friday

Fish Fingers with Chips 	Baked Beans & Peas
Cheese & Tomato Quiche with Chips	
Egg Mayonnaise & Tomato Roll	Strawberry Jelly

UNLIMITED ACCESS TO OUR SALAD BAR WITH 8 TO 6 ITEMS TO CHOOSE FROM AVAILABLE DAILY!

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

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

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

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery MSC-C-50236

A DAILY CHOICE OF FRESH WHOLEMEAL & ORGANIC WHITE CRUSTY BREAD

Vegetarian Society APPROVED All our VEGETARIAN MAIN DISHES, SIDE DISHES & DESSERTS are Vegetarian Society approved!

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

DRINKING WATER IS ALWAYS AVAILABLE

All our meat is FARM ASSURED OR RED TRACTOR

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