

SCHOOL LUNCHES

AVAILABLE DAILY - fresh yoghurts, fresh fruit, water, jacket potatoes, salad bar

All our lunches are served with potato / rice or vegetable / salad of the day

WEEK ONE - 1st December, 5th January, 26th January, 23rd February, 16th March

MONDAY

Spaghetti Bolognese or
Bean ragout and rice, broccoli florets, sweetcorn
Oaty apple crumble & custard

TUESDAY

Oriental chicken or Pasta shells in a vegetable cream sauce,
oven baked herb potatoes, cauliflower and peas
Chocolate and pear sponge & custard

WEDNESDAY

Roast beef and yorkshire pudding or Quorn roast, mashed
and new potatoes, carrots & cabbage
Yoghurt pots and fresh fruit

THURSDAY

Tangy chicken curry or
Cheese & tomato pizza, broccoli and vegetable medley
Banoffee sponge cake

FRIDAY

Baked Fish or Vegetable frittata, chips or wholemeal pasta
garden peas , reduced salt baked beans
Jelly & Ice Cream

WEEK TWO - 8th December, 12th January, 2nd February, 2nd March, 23rd March

MONDAY

Warm chicken wraps, salad & baked wedges or
Mac 'n' cheese, carrots and green beans
Peach and apricot sponge & custard

TUESDAY

Slow & low beef casserole or, Spring vegetable and
new potato bake, cauliflower and vegetable Medley
Apple rice pudding

WEDNESDAY

Roast Pork or Vegetable Kiev, roasties and
new potatoes, cabbage and carrots
Fruit Pieces in Jelly

THURSDAY

Garlic, Lemon & Thyme Chicken, Sweet and sour vegetables,
wholemeal egg noodles and vegetable rice, broccoli and
sweetcorn. Golden Crispie Bar with an Orange Wedge

FRIDAY

Baked fish fingers or BBQ Quorn strips, chips or wholemeal
pasta, garden peas and reduced salt baked beans
Apple flapjack

WEEK THREE - 15th December, 19th January, 9th February, 9th March, 30th March

MONDAY

Chicken and vegetable casserole or Quorn cottageless pie
with potato topping, mashed potato, cabbage and green
beans. Caramelised Pineapple with Custard

TUESDAY

Mild Beef Chilli with white rice or Pasta with a Rustic & Basil
Sauce, broccoli and sweetcorn
Crunchy Fruit Crumble with Custard

WEDNESDAY

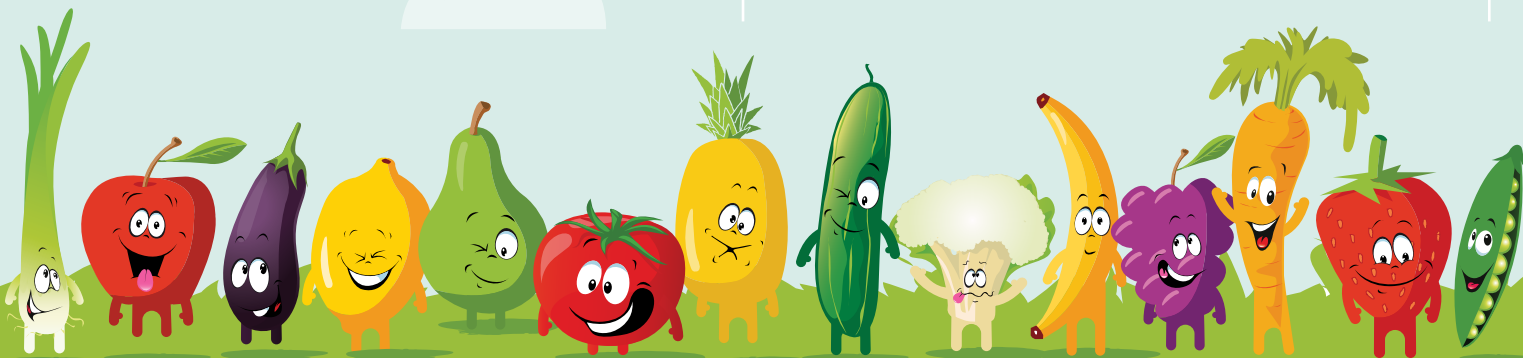
Roast Chicken Breast or Roasted Vegetable Tart, roasties and
new potatoes, cauliflower and carrots
Fresh Baked Cookie and Milk

THURSDAY

Meatballs in a tomato and vegetable sauce or Cauliflower
cheese, pasta and baked wedges, peas and broccoli
Ice Cream and Fruit

FRIDAY

Oven Baked salmon fishcakes or Cheese & Vegetable Pizza,
chips, wholemeal pasta, sweetcorn and reduced salt baked
beans. Oat Crunch with Berries



Fresh food. Fresh thinking