


## Week One

WEEK COMMENCING: 5TH SEP / 26TH SEP / 17TH OCT / 14TH NOV / 5TH DEC

Monday

|   |   |
|---|---|
| Makhani Chicken Curry <b>FR HM</b><br><i>Lightly spiced chicken curry with wholegrain rice</i>                          | Sweetcorn & Roasted Squash  |
| Vegetable Chow Mein <b>HM</b><br><i>Lightly spiced stir fried seasonal vegetables &amp; noodles</i>                     | Apple Crumble<br><i>Homemade oaty crumble with organic apples &amp; custard</i> |
| Oriental Sticky Salmon Wrap  <b>HM</b> |   |

Tuesday

|   |   |
|---|---|
| Cottage Pie <b>O HM</b><br><i>Organic beef mince &amp; gravy topped with mash</i>                 | Roasted Vegetables, White Cabbage & Spinach   |
| Vegetable & Chickpea Jambalaya <b>HM</b><br><i>Vegetable rice served with roasted red peppers</i> | Courgette & Lemon Cake<br><i>Zesty homemade sponge with lemons &amp; British courgettes</i> |
| Jacket Potato with Red Tractor Cheddar Cheese   |   |


Wednesday

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|--|---|
| Roast Lamb <b>HM</b><br><i>Roast lamb, gravy &amp; crispy roast or new potatoes</i>              | Honey Roast Parsnips & Red Cabbage  |
| Roasted Vegetable Lasagne <b>HM</b><br><i>Peppers, onions &amp; courgette layered with pasta</i> | Berry Sponge<br><i>Homemade fruits of the forest sponge &amp; custard</i> |
| Roasted Vegetable & Bean Burrito <b>HM</b>   |   |

Thursday

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| Wholemeal Chicken Pizza <b>FR HM</b><br><i>Chicken, sweetcorn &amp; tomato sauce &amp; potato wedges</i> | Green Beans & Savoy Cabbage  |
| Chana Masala Wrap <b>HM</b><br><i>Chickpeas, rice, herbs &amp; spices in a wrap with wedges</i>          | Fruit Flapjack<br><i>Homemade flapjack with sultanas &amp; apple</i> |
| Honey & Ginger Soya Strip <b>HM</b><br><i>Stir Fry served with Rice</i>                                  |  |

Friday

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|--|---|
| Fish Fingers <br><i>Baked fish in a crisp crumb coating with oven chips</i> | Garden Peas, Green Beans & Baked Beans  |
| Ratatouille & Bean Wrap <b>HM</b><br><i>Rich tomato sauce &amp; vegetables in a wrap &amp; oven chips</i>  | Banana & Date Muffin<br><i>Homemade muffin with organic bananas &amp; sweet dates</i> |
| Sweetcorn & Chive Macaroni Cheese <b>HM</b>  |   |

## Week Two

WEEK COMMENCING: 12TH SEP / 3RD OCT / 31ST OCT / 21ST NOV / 12TH DEC

Monday

|   |   |
|---|---|
| Sausages & Mash<br><i>British pork sausages with mashed potatoes &amp; gravy</i>    | Carrots & Green Beans   |
| Vegetarian Sausage & Mash<br><i>Quorn sausages with mashed potatoes &amp; gravy</i> | Fruit Salad<br><i>Freshly prepared fruit salad in natural fruit juice</i> |
| Ratatouille Sauce with Penne Pasta <b>HM</b>  |   |

Tuesday

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|--|---|
| Savoury Beef <b>O HM</b><br><i>Savoury minced beef &amp; vegetables &amp; wholegrain rice</i>      | Honey Roast Parsnips & Spinach  |
| Bubble & Squeak Frittata <b>HM</b><br><i>A mix of carrots, cabbage, cheese &amp; potato wedges</i> | Eve's Pudding<br><i>Homemade pear &amp; chocolate pudding &amp; custard</i> |
| Ham Salad in an Organic Baguette   |   |


Wednesday

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|--|--|
| Roast Turkey <b>HM</b><br><i>Roast turkey, gravy &amp; crispy roast or new potatoes</i>    | Broccoli, Spinach & Roast Root Vegetables  |
| Loaded Macaroni Cheese <b>HM</b><br><i>Creamy mac &amp; cheese topped with ratatouille</i> | Pear & Sultana Strudel<br><i>Juicy pear &amp; sultanas in homemade pastry with custard</i> |
| Sweet & Sticky Mixed Vegetable Stir Fry <b>HM</b>  |  |

Thursday

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|---|--|
| Ham or Vegetable Wholemeal Pizza <b>HM</b><br><i>Choose ham &amp; pineapple or sweetcorn &amp; red pepper</i> | Carrots & Sweetcorn  |
| Vegetable Tagine with Rice <b>HM</b><br><i>Spiced seasonal vegetables with apricots &amp; sultanas</i>        | Beetroot Brownie<br><i>Homemade brownie flavoured with cocoa &amp; grated beetroot</i> |
| Butternut Squash & Cheddar Quiche <b>HM</b><br><i>with Green Salad &amp; Potato Wedges</i>                    |  |

Friday

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|--|---|
| Fish & Chips <br><i>Baked fillet of fish in a crumb coating with oven chips</i> | Broccoli & Baked Beans  |
| Spanish Quorn Paella <b>HM</b><br><i>Quorn, peppers, onions &amp; rice with garlic &amp; paprika</i>   | Banana Sponge<br><i>Tasty homemade banana sponge &amp; custard or yoghurt</i> |
| Jacket Potato with Fruity Coleslaw <b>HM</b>   |   |

## Week Three

WEEK COMMENCING: 19TH SEPT / 10TH OCT / 7TH NOV / 28TH NOV / 19TH DEC

Monday

|   |   |
|---|---|
| Cape Malay Chicken Curry <b>FR HM</b><br><i>Coriander, cumin &amp; ginger spiced chicken with rice</i>      | Cauliflower, Green Beans & Butternut Squash                               |
| Tuscan Bean & Butternut Risotto <b>HM</b><br><i>Lightly spiced butternut squash, mixed beans &amp; rice</i> | Fruit Salad<br><i>Freshly prepared fruit salad in natural fruit juice</i> |
| Jacket Potato with Baked Beans  |   |

Tuesday

|   |  |
|---|--|
| Homemade Beef Lasagne <b>O HM</b><br><i>Classic lasagne served with homemade garlic bread</i>       | Roast Mediterranean Vegetables & Carrots   |
| Sweet Potato & Chickpea Curry <b>HM</b><br><i>Twice baked sweet potatoes with curried chickpeas</i> | Chocolate & Berry Sponge<br><i>Homemade chocolate &amp; berry sponge &amp; custard</i> |
| Vegetable Samosa served with New Potatoes   |  |


Wednesday

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|--|--|
| Roast Gammon <b>HM</b><br><i>Roasted gammon served with crispy roast potatoes</i>                          | Braised Red Cabbage & Broccoli   |
| Vegetable Jimca Salad Burrito <b>HM</b><br><i>Spiced vegetables &amp; yoghurt in a tortilla with salad</i> | Orange & Carrot Muffin<br><i>Homemade muffin with zesty orange &amp; British grown carrots</i> |
| Jacket Potato with Red Tractor Cheddar Cheese  |  |

Thursday

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|---|--|
| Wholemeal Meat Feast Pizza <b>FR HM</b><br><i>Chicken, ham &amp; pepper pizza &amp; sweet potato wedges</i> | Garlic Green Beans & Courgettes                          |
| Leek & Cheddar Tart <b>HM</b><br><i>British leeks &amp; cheese in a wholemeal pastry base</i>               | Apple Cake<br><i>Homemade apple sponge &amp; custard</i> |
| Tuna & Sweetcorn Roll   |  |

Friday

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|--|--|
| Fish & Chips <br><i>Baked fillet of fish in a crumb coating with oven chips</i> | Baked Beans & Garden Peas  |
| Vegetable Burger & Chips <b>HM</b><br><i>Patty of chickpeas, pepper &amp; coriander in a bun</i>   | Fruity Flapjack<br><i>Homemade apricot, sultana &amp; pineapple flapjack</i> |
| Jacket Potato with Vegetable & Mixed Bean Chilli & Cheese <b>HM</b>  |  |



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



A DAILY CHOICE OF FRESH WHOLEMEAL & ORGANIC WHITE CRUSTY BREAD