

# SCHOOL MENU - Balanced, nutritious and freshly prepared tasty meals

Also Available: Jacket Potato with Filling – Cheese & Beans, Cheese & Pineapple, Cheese & Coleslaw, Tuna Mayo or Marinated Chicken

Week 1

## MONDAY

### MAINS

Pork & Carrot Meatballs in Freshly made Tomato Sauce (v) *(with penne pasta)*

Cheese & Vegetable Stackers (v) *(with diced potatoes)*

All served with Broccoli & Sweetcorn

### DESSERT

Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt

## TUESDAY

### MAINS

Selection of Fish or Vegetable Bake (v) *(with garlic & herb wedges)*

Selection of Wraps (v) *(with garlic & herb wedges)*

All served with Peas & Baked Beans

### DESSERT

Cheese & Crackers, Vanilla Ice-cream, Fruit Salad or Yoghurt

## WEDNESDAY

### MAINS

Roast Beef with Yorkshire Pudding & Gravy

*Linda McCartney* Vegetable Sausage in a Yorkshire Pudding with Gravy (v)

All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower

### DESSERT

Selection of Cookies, Fruit Salad or Yoghurt

## THURSDAY

### MAINS

Breaded Chicken Breast Steak & Noodles *(with sweet & sour sauce)*

Quorn & Potato Pie (v)

All served with Green Beans & Sweetcorn

### DESSERT

Toffee Cake & Custard, Fruit Salad or Yoghurt

## FRIDAY

### MAINS

Chicken Tikka Masala *(with brown & white rice & naan bread)*

Pizza (v) *(with a selection of toppings & chips)*

All served with Baked Beans & Peas

### DESSERT

'Fruity Friday'

**Available Daily:** Freshly-made bread & selection of salads.

**Fruity Friday:** A selection of fruit platter, fruit salad, fruit jelly, yoghurt & mango sorbet & fruit mousse

**Selection of Fish:** Will be a combination of - battered pollock, fish cake, fish fingers, seaside fish fillet, pollock bites, bubble crisp pollock fillet

### Food Allergen & Intolerance Information

Before ordering speak to our staff about your requirements.



# SCHOOL MENU - Balanced, nutritious and freshly prepared tasty meals

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Week 2

## MONDAY

### MAINS

Selection of Fish or Vegetable Bake (v)  
*(with mash)*

Cheese & Potato Pie (v)

All served with Carrots & Peas

### DESSERT

Cheese & Crackers, Chocolate & Vanilla Mousse, Fruit Salad or Yoghurt

## TUESDAY

### MAINS

Sausages

*Linda McCartney* Vegetable Sausage (v)

All served with Chips or Jacket Potato, Baked Beans & Broccoli

### DESSERT

Apple Crumble & Custard, Vanilla Ice-cream  
*(with toffee sauce)*, Fruit Salad or Yoghurt

## WEDNESDAY

### MAINS

Roast Chicken & Gravy

Roasted Quorn Fillet (v)

All served with Roast Potatoes & Mash, Carrots, Cabbage & Leek & Sweet Potato Bake

### DESSERT

Selection of Cookies, Fruit Salad or Yoghurt

## THURSDAY

### MAINS

Selection of Fish or Vegetable Bake (v)  
*(with baby potatoes)*

Mac 'n' Cheese (v)

All served with Baked Beans & Peas

### DESSERT

Chocolate Sponge & Chocolate Sauce, Fruit Salad or Yoghurt

## FRIDAY

### MAINS

Beef Bolognaise  
*(with pasta)*

Pizza (v)  
*(with a selection of toppings & jacket wedges)*

All served with Sweetcorn & Green Beans

### DESSERT

'Fruity Friday'

**Available Daily:** Freshly-made bread & selection of salads.

**Fruity Friday:** A selection of fruit platter, fruit salad, fruit jelly, yoghurt & mango sorbet & fruit mousse

**Selection of Fish:** Will be a combination of - battered pollock, fish cake, fish fingers, seaside fish fillet, pollock bites, bubble crisp pollock fillet

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Week 3

## MONDAY

### MAINS

Beef Burger *(served in a bun with a selection of fillings, onion, cheese & ketchup)*

Pasta Neapolitan (v)  
*(penne pasta in a tomato & hidden veg sauce with a cheese topping)*

All served with Green Beans & Sweetcorn

### DESSERT

Chocolate & Vanilla Cupcakes, Fruit Salad or Yoghurt

## TUESDAY

### MAINS

Selection of Fish  
*(with diced potatoes)*

Vegetable Lasagne (v)

All served with Baked Beans & Peas

### DESSERT

Mini Doughnuts, Fruit Salad or Yoghurt

## WEDNESDAY

### MAINS

Roast Pork with Apple Sauce & Gravy

Roast Quorn Fillet & Gravy (v)

All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower Cheese

### DESSERT

Selection of Cookies, Cheese & Crackers, Fruit Salad or Yoghurt

## THURSDAY

### MAINS

Selection of Fish

Mediterranean Omelette (v)

All served with Chips or Rice, Peas & Carrots

### DESSERT

Ginger Sponge & Custard, Fruit Salad or Yoghurt

## FRIDAY

### MAINS

Pizza (v)  
*(with a selection of toppings & jacket wedges)*

Chickpea & Spinach Curry (v)  
*(with brown & white rice & naan bread)*

All served with Baked Beans & Sweetcorn

### DESSERT

'Fruity Friday'

**Available Daily:** Freshly-made bread & selection of salads.

**Fruity Friday:** A selection of fruit platter, fruit salad, fruit jelly, yoghurt & mango sorbet & fruit mousse

**Selection of Fish:** Will be a combination of - battered pollock, fish cake, fish fingers, seaside fish fillet, pollock bites, bubble crisp pollock fillet

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<b>W/C</b>	<b>Menu</b>
31/08/2020	Week 1
07/09/2020	Week 2
14/09/2020	Week 3
21/09/2020	Week 1
28/09/2020	Week 2
05/10/2002	Week 3
12/10/2020	Week 1
19/10/2020	Week 2
02/11/2020	Week 3
09/11/2020	Week 1
16/11/2020	Week 2
23/11/2020	Week 3
30/11/2020	Week 1
07/12/2020	Week 2
14/12/2020	Week 3
04/01/2021	Week 1
11/01/2021	Week 2
18/01/2021	Week 3
25/01/2021	Week 1
01/02/2021	Week 2
08/02/2021	Week 3
22/02/2021	Week 1
01/03/2021	Week 2
08/03/2021	Week 3
15/03/2021	Week 1
22/03/2021	Week 2
29/03/2021	Week 3