

VEGPOWER

Don't forget copies of the vegpower reward chart are available from your school cooks or visit vegpower.org.uk for great tips from the experts and simple recipes from top chefs.

EAT THEM TO DEFEAT THEM



Our dishes are **FRESHLY PREPARED** using seasonal and including local produce

VARIETY OF BREADS BAKED DAILY BY OUR EXPERIENCED SCHOOL CHEFS



OUR MENUS MEET ALL THE GOVERNMENT FOOD BASED STANDARDS.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1 21st Oct, 11th Nov, 2nd Dec, 6th Jan, 27th Jan, 24th Feb, 16th Mar, 20th Apr, 11th May, 8th Jun, 29th Jun

MEAT OPTION	Stuffed Crust* Margherita Pizza Pasta Shapes Sweetcorn Creamy Coleslaw	Brunch Lunch: Farm Assured Back Bacon Scrambled Egg Grilled Tomato Potato Rosti & Baked Beans	Roast Turkey with Sage & Onion Stuffing & Roast Gravy Creamy Mash Medley of Seasonal Vegetables	Organic Meatballs served with Homemade Tomato & Vegetable Sauce Multi Grain Savoury Rice Carrot Batons & Broccoli Florets	Battered Fish Fillet (sustainably caught MSC) served with Lemon Wedge Chips, Baked Beans Salad Bar Selection
VEGE OPTION	Stuffed Crust* Roasted Vegetable Pizza Half Jacket Sweetcorn Creamy Coleslaw	Mild Quorn Keema Curry Vegetable Rice Peas Vegetable Crudite	Traditional Cheese Flan Potatoes in their Skins Medley of Seasonal Vegetables	Courgette Sausages Pasta Shapes Carrot Batons Broccoli Florets	Oven Baked Quorn Dippers Half Jacket Mushy Peas Salad Bar Selection
DESSERTS	Granola & Yoghurt Fruit Sundae or Bramley Apple Puff	Forest Berry Sponge served with Custard Sauce or Cherry Scone	Strawberry Jelly & Cream or Passion Cake	Vanilla & Lemon Yoghurt Cake or Rice Pudding served with Fruit Couli	Chocolate Ice Cream with Fruit Couli or Cheese & Biscuits

WEEK 2 28th Oct, 18th Nov, 9th Dec, 13th Jan, 3rd Feb, 2nd Mar, 23rd Mar, 27th Apr, 18th May, 15th Jun, 6th Jul

MEAT OPTION	Hearty Cowboy Casserole Potatoes in the Skins Cauliflower & Broccoli Florets	Vegetarian En croute Minted Potatoes Carrot & Swede Mash Garden Peas Gravy	Farm Assured Roast Loin of Pork with Apple Sauce & Roast Gravy Roast Potatoes, Creamy Mash Seasonal Medley of Vegetables	Stuffed Crust* Roasted Pepper & Sweetcorn Pizza Tomato Pasta Vegetable Crudite Sweetcorn	Fish Burger in a Bun served with Crunchy Lettuce and Tartare Sauce Chips, Baked Beans Salad Bar Selection
VEGE OPTION	Quorn Sweet Chilli Pasta Shapes Salad Bar Selection	Chick Pea & Spinach Curry Savoury Rice Garden Peas Salad Bar Selection	Vegetarian Shepherds' Pie served with Roast Gravy Roast Potatoes Seasonal Medley of Vegetables	Spicy Bean & Lentil Loaf Vegetable Cous Cous Vegetable Crudite Sweetcorn	Vegetarian Bean Burger in a Bun with Crunchy Lettuce & Tomato Sauce Half Jacket, Peas Salad Bar Selection
DESSERTS	Orange & Cinnamon Roll or Lemon Drizzle Cake	Cherry Shortcake or Strawberry Whip	Seasonal Fruit Crumble served with Custard Sauce or Chocolate Devonshire Splits	Cream Meringues or Carrot Cake	Vanilla Ice cream & Fruit Couli or Fresh Fruit Platter

WEEK 3 4th Nov, 25th Nov, 16th Dec, 20th Jan, 10th Feb, 9th Mar, 30th Mar, 4th May, 1st Jun, 22nd Jun, 13th Jul

MEAT OPTION	Organic Pork & Vegetable Pastie Minted Potatoes Broccoli & Cauliflower Florets	Organic Beef Bolognese Spaghetti Peas Vegetable Crudite	Roasted Farm Assured Chicken Roulade filled with Spinach & Cheese served with Fresh Tomato Sauce Parsley Potatoes, Carrot Batons Savoy Cabbage	Farm Assured British Pork Sausages with Gravy Creamy Potato & Parsnip Mash Green Beans Sweetcorn	Cod or Salmon Fish Fingers (sustainably sourced) served with Tomato Sauce Chips, Peas Salad Bar Selection
VEGE OPTION	Quorn Tikka Masala Pilau Rice Salad Bar Selection	Vegetarian Pinwheels Half Jacket Peas Vegetable Crudite	Stuffed Crust* Margherita Pizza Herby Jacket Wedges Carrot Batons Salad Bar Selection	Vegetarian Bites served in Pitta with Crunchy Salad & Relish Bombay Potatoes Sweetcorn Salad Bar Selection	Vegetable Fingers served with Tomato Sauce Half Jacket Baked Beans Salad Bar Selection
DESSERTS	Courgette & Lime Cake or Butterscotch Whip	Chocolate & Pear Sponge with Chocolate Sauce or Date Slice	Strawberry Jelly with Fresh Fruit or Banana Flapjack	Bramley Apple Oaty Crumble served with Custard Sauce or Vanilla Ice Cream with Fruit Couli	Cheese & Biscuits or Chocolate & Beetroot Slice

* 'stuffed crust' denotes that all pizza bases contain added grated vegetables