

**Week 1**

**School name: Ashbrow Key Stage 1**

**Monday**

Oven Baked Fish Fingers served with  
Homemade Creamy Sauce, Garden Peas &  
Oven Baked Chunky Chips

Chocolate & Pear Sponge Pudding served with  
Creamy Custard

**Tuesday**

Homemade Meat & Potato Pie with a Wholemeal  
Pastry Top

OR

Homemade Cheese & Onion Quiche served with  
a Jacket Potato & Seasonal Vegetables

Creamy Rice Pudding made with Organic Milk

**Wednesday**

Free Range Roasted Chicken Fillets with  
Seasoning

OR

Homemade Salmon Fishcake served with  
Seasonal Vegetables & Creamed Potatoes

**\*\*Sugar Smart\*\***  
A Selection of Fruit Yoghurts

**Thursday**

Homemade Organic Pasta Dish of the Day  
served with Seasonal Mixed Salad & Cous Cous

Assorted Homemade Biscuits served with Fresh  
Fruit Juice

**Friday**

Homemade Chunky Meat & Vegetable Stew with  
Yorkshire Pudding

OR

Homemade Chunky Vegetable Stew with  
Yorkshire Pudding served with Fresh Cabbage &  
Leeks Medley

Seasonal Fruit Crumble served with Creamy  
Custard

**Week 2**

**AVAILABLE DAILY: freshly prepared salad bar, assorted breads, fresh drinking water.**

**Monday**

Curry of the Day served with Naan Bread,  
Garden Peas & Golden Sweetcorn with  
Steamed Wholegrain Rice

Steamed Sponge Pudding served with Creamy  
Custard

**Tuesday**

Homemade Loaded Vegetable Pizza served with  
Seasonal Mixed Salad & Crunchy Creamy  
Coleslaw

Homemade Carrot Cake

**Wednesday**

Roast Freedom Food Pork Loin served with  
Seasoning

OR

Savoury Pinwheel served with Seasonal  
Vegetables, Roast & Creamed Potatoes

**\*\*Sugar Smart\*\***  
Seasonal Fruit Salad

**Thursday**

Quorn Fajitas served with Garden Peas, Organic  
Carrots & Homemade Oven Baked Wedges

Creamy Rice Pudding made with Organic Milk

**Friday**

Oven Baked Sausage & Gravy

OR

Vegetarian Oven Baked Sausage & Gravy  
served with Seasonal Vegetables & Creamed  
Potatoes

Sticky Toffee Pudding served with Creamy  
Custard