



Our menus are planned to meet the food based standards for food in schools and are checked using a recognised programme to analyse nutrition. Over 75% of our dishes are homemade and freshly prepared using tried and tested traditional recipes we know children will love and there's always seasonal fresh fruit, salad and vegetables available daily along with a bread basket and fresh water freely available.

Week 1

	Monday	Tuesday	Wednesday	Thursday	Fun Friday					
<b>Hot Meal Options</b>	<b>Tomato, Garlic and Basil Pasta Bake</b> served with fresh seasonal vegetables and crusty garlic bread V	<b>Southern Style Chicken</b> served with herby diced potatoes and mixed vegetables	<b>Minced Beef and Dumplings</b> served with creamed potatoes, fresh chopped carrots and gravy	<b>Cheese and Tomato Pizza</b> served with sunshine sweetcorn and crunchy chopped salad V	<b>Fresh Pork Steak</b> served with creamed potatoes, broccoli and gravy	<b>Homemade Cheese Whirl</b> served with baked beans V	<b>Chicken Curry</b> served with 50/50 rice, warm naan bread and sweetcorn	<b>Vegetarian Lasagne</b> served with crunchy chopped salad V	<b>Crispy Chicken Fillet</b> served with oven baked chips and sunshine sweetcorn	<b>Bird's Eye Fish Fingers (2)</b> served with oven baked chips and peas
<b>Daily Hot Selection</b>	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	
<b>Cold Option</b>	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	
<b>Dessert</b>	Fresh Baked Iced Sponge or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Fresh Made Lemon and Courgette Muffin or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Ginger Biscuits with Juicy Pears or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Chocolate Muffin or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt	

Week 2

	Monday	Tuesday	Wednesday	Thursday	Fun Friday					
<b>Hot Meal Options</b>	<b>Pasta Bolognese</b> served with a medley of mixed vegetables and crusty garlic bread	<b>Cheese and Tomato Pizza</b> served with sunshine sweetcorn and crunchy chopped salad V	<b>Meat and Potato Pie</b> served with garden peas and gravy	<b>Chicken Fajita Wrap</b> served with herby diced potatoes and mixed vegetables	<b>Cook's Roast Chicken Dinner</b> served with creamed potatoes, carrots, peas and gravy	<b>Cheese Panini</b> served with homemade potato wedges and freshly chopped salad V	<b>Chicken Curry</b> served 50/50 rice, warm naan bread and sunshine sweetcorn	<b>Cottage pie</b> served with seasonal vegetables, beetroot and gravy	<b>Harry Ramsden's 100% Fish Fillet</b> served with oven baked chips and mushy peas	<b>Vegetarian Sausage Roll</b> served with oven baked chips and baked beans V
<b>Daily Hot Selection</b>	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	
<b>Cold Option</b>	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	
<b>Dessert</b>	Cook's Homemade Fairy Cake or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Vanilla Sponge and Custard or Juicy Chopped Fresh Fruit or Yoghurt	Fresh Baked Decorated Muffin or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Assorted Fresh Baked Fruit Cookies or Juicy Chopped Fresh Fruit or Yoghurt	Chocolate Crunch or Juicy Chopped Fresh Fruit or Yoghurt	Chocolate Crunch or Juicy Chopped Fresh Fruit or Yoghurt	Chocolate Crunch or Juicy Chopped Fresh Fruit or Yoghurt	Chocolate Crunch or Juicy Chopped Fresh Fruit or Yoghurt	Chocolate Crunch or Juicy Chopped Fresh Fruit or Yoghurt	

Week 3

	Monday	Tuesday	Wednesday	Thursday	Fun Friday					
<b>Hot Meal Options</b>	<b>Southern Style Chicken</b> served with herby diced potatoes and mixed vegetables	<b>Tomato, Garlic and Basil Pasta Bake</b> served with fresh seasonal vegetables and crusty garlic bread V	<b>Beef and Onion Pie</b> served with creamed potato, fresh chopped carrots and gravy	<b>Cheese Panini</b> served with homemade potato wedges and freshly chopped salad V	<b>Cook's Roast Chicken Dinner</b> served with creamed potatoes, seasonal vegetables and gravy	<b>Macaroni Cheese</b> served with crusty garlic bread V	<b>Chicken Curry</b> served with 50/50 rice, warm naan bread and sunshine sweetcorn	<b>Homemade Cheese Whirl</b> served with baked beans V	<b>Bird's Eye Fish Fingers (2)</b> served with oven baked chips and peas	<b>British Pork Sausage</b> served with creamed potatoes, peas and gravy
<b>Daily Hot Selection</b>	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	V <b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad.	
<b>Cold Option</b>	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	
<b>Dessert</b>	Fresh Baked Banana Muffin or Juicy Chopped Fresh Fruit or Yoghurt	Sliced Peaches in Juice served with Ice Cream or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Jam & Cream Slice or Juicy Chopped Fresh Fruit or Yoghurt	Decorated Fruit and Jelly or Juicy Chopped Fresh Fruit or Yoghurt	Decorated Fruit and Jelly or Juicy Chopped Fresh Fruit or Yoghurt	Decorated Fruit and Jelly or Juicy Chopped Fresh Fruit or Yoghurt	Decorated Fruit and Jelly or Juicy Chopped Fresh Fruit or Yoghurt	Decorated Fruit and Jelly or Juicy Chopped Fresh Fruit or Yoghurt	

Key V for Vegetarian Foods

