

School Menu – Autumn 2018 - Week1.....

Key	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
R	Rainbow pasta with a choice of rich tomato sauce or cheese sauce	Beef Pastitsio (layers of macaroni, tomato sauce and cheese sauce)	Roast chicken, stuffing, Yorkshire pudding	Local butcher's pork sausage Pasta Bake peas	Birds Eye chunky fish fingers
G		(V) Quorn Pastitsio	(V) Roast quorn fillet	(V) Vegetarian Pasta Bake	(V) Quorn dippers
	Crusty bread Salad bar	Garlic bread Salad bar	Roast potatoes Selection of vegetables	Salad bar	Chips sweetcorn or baked beans
J	<i>Jacket potato topping choices: Baked beans, grated cheese, tuna, mayonnaise & sweetcorn</i>				
	Jacket potato	Jacket potato	Not available	Jacket potato	Jacket potato
	Melon and Orange wedges	Lemon traybake	Vanilla, strawberry or chocolate ice cream	Coconut and Cranberry cookies	Caramel frozen yogurt pot
	Yogurt	Fresh fruit Yogurt	Fresh fruit Yogurt	Fresh fruit Yogurt	Fresh fruit
P or PC	<i>The following packed lunch choice comes with: Orange Aquajjuice, carrot & cucumber batons, fruit bag, cake or cookie</i> <i>Cheese Option Available Daily</i>				
	Tuna, mayonnaise wrap Cheese sandwich	Ham roll Cheese sandwich	Cheese sandwich	Chicken & mayonnaise Wrap Cheese sandwich	Ham sandwich Cheese sandwich

Fresh Bread and Cold Milk available everyday

School Menu – Autumn 2018 - Week2.....

Key	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
R G	Jacket potato Choose your filling from Tuna, mayonnaise & sweetcorn or Baked beans & grated cheese	Chicken Italienne (V) Quorn Italienne	Topside of Beef Yorkshire pudding, (V) McCain Vegetable burger	Homemade spaghetti Bolognese Garlic bread (V) Vegetarian bolognese	Jumbo fish fingers Chips Peas and Sweetcorn (V) Vegetarian Sausage
	Salad bar	Salad bar	Roast potatoes, selection of vegetables	Salad bar	Salad bar
J	<i>Jacket potato topping choices: Baked beans, grated cheese, tuna, mayonnaise & sweetcorn</i>				
	Not available	Jacket potato	Not available	Jacket potato	Jacket potato
	Waffles, fruit coulis and cream	Pineapple upside down cake	Apple and cinnamon flapjack	Caramel krispie cake	Vanilla shortbread cookies
	Fresh fruit Yogurt	Fresh fruit Yogurt	Fresh fruit Yogurt	Fresh fruit Yogurt	Fresh fruit Yogurt
P or PC	<i>The following packed lunch choice comes with: Orange Aquajjuice, carrot & cucumber batons, fruit bag, cake or cookie</i> <i>Cheese option available daily</i>				
	Tuna, mayonnaise wrap Cheese sandwich	Ham roll Cheese sandwich	Cheese sandwich	Chicken & mayonnaise Wrap Cheese sandwich	Ham sandwich Cheese sandwich

Fresh Bread and Cold Milk available everyday

School Menu – Autumn 2018 - Week3.....

Key	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
R	French bread Pepperoni pizza	Homemade Cottage Pie	Roast turkey breast, stuffing, Yorkshire pudding Cauliflower cheese	Nacho chicken Wholegrain and white rice	Bird's Eye Fish Fingers Chips peas, sweetcorn
G	(V) Cheese and roasted vegetable pizza	(V) Quorn Cottage Pie	(V) Vegetarian Sausages	(V) Quorn Nachos	(V) Vegetable fingers
	Chips and backed beans Salad bar	Chunky carrots and broccoli Salad bar	Roast potatoes Carrots and peas Cauliflower Cheese	Salad bar	Salad bar
	<i>Jacket potato topping choices: Baked beans, grated cheese, tuna, mayonnaise & sweetcorn</i>				
J	Jacket potato	Jacket potato	Not available	Jacket potato	Jacket potato
	Pancakes with chocolate sauce and cream	Chocolate pudding & chocolate custard	Fresh fruit platter	Gruffalo Bake	Oat cookies
	Fresh fruit Yogurt	Fresh fruit Yogurt	Yogurt	Fresh fruit Yogurt	Fresh fruit Yogurt
	<i>The following packed lunch choice comes with: Orange Aquajjuice, carrot & cucumber batons, fruit bag, cake or cookie</i> <i>Cheese option available daily</i>				
P or PC	Tuna & mayonnaise wrap Cheese sandwich	Ham roll Cheese sandwich	Cheese sandwich	Chicken & mayonnaise Wrap Cheese sandwich	Ham sandwich Cheese sandwich

Fresh Bread and Cold Milk available everyday