

WEEK ONE

W/C
3rd November
24th November
15th December
19th January
9th February
9th March

MONDAY

Planet Friendly Day

Option one Macaroni & Cheese (V)

Option two Autumn Harvest Lasagne (V)

Vegetables Broccoli (VE)
Carrots (VE)

Dessert Rice Pudding and Raisins (V)

TUESDAY

Planet Friendly Balls in Tomato Sauce with Rice (VE)

Hearty Beef and Lentil Bolognese with Spaghetti

Green Beans (VE)
Cauliflower (VE)

NEW Apple Crumb Cake with Custard (V)

WEDNESDAY

Lentil Wellington with Roast Potatoes and Gravy (VE)

Roast Chicken with Stuffing, Roasted Potatoes and Gravy

Peas (VE)
Red Cabbage (VE)

Yoghurt (V) with Pumpkin Seeds and Fresh Fruit

THURSDAY

Saucy Tomato and Bean Pasta Bake (VE)

Chicken Tikka with Turmeric Bread

Butternut Squash (VE)
Roasted Peppers (VE)

Strawberry Jelly with Mandarins (VE)

FRIDAY

Red Pepper Frittata with Chips & Tomato Sauce (V)

Fishfingers with Chips & Tomato Sauce

Peas (VE)
Sweetcorn (VE)

Yoghurt (V) with Sunflower Seeds and Fresh Fruit

WEEK TWO

W/C
10th November
1st December
5th January
26th January
23rd February
16th March

NEW Chefs Special Lentil Curry with Rice and Homemade Flatbread (VE)

Option one Hearty Spaghetti Bolognese (VE)

Option two Green Beans (VE)
Cauliflower (VE)

Dessert Peach Upside Down Cake (V)

Classic Cheese and Tomato Pizza with Wedges (V)

Chicken and Sweetcorn Meatballs in Tomato Sauce with Rice

Carrots (VE)
Sweetcorn (VE)

Chocolate Cake (V)

BBQ Quorn with Roast Potatoes and Sweetcorn Salsa (VE)

BBQ Chicken with Roast Potatoes and Sweetcorn Salsa

Broccoli (VE)
Peas (VE)

Yoghurt (V) with Sunflower Seeds and Fresh Fruit

Plant Sausage (VE) Mash and Gravy (VE)

Beef Lasagne with Garlic Bread

Leeks (VE)
Courgettes (VE)

Sticky Toffee Apple Crumble (VE) with Custard (V)

Lentil and Basil Whirl (VE) with Wedges (VE)

Fishfingers with Chips & Tomato Sauce

Peas (VE)
Baked Beans (VE)

Yoghurt (V) with Pumpkin Seeds and Fresh Fruit

WEEK THREE

W/C
17th November
8th December
12th January
2nd February
2nd March
23rd March

Mild Mexican Chilli with Rice (VE)

Option one Macaroni Cheese and Tomato and Herb Bread (V)

Option two Baked Beans (VE)
Peas (VE)

Vegetables Yoghurt (V) with Sunflower Seeds and Fresh Fruit

Cheese and Bean Pasty with Wedges (V)

NEW Chicken 50% Enchilada Bake with Paprika Wedges

Sweetcorn (VE)
Broccoli (VE)

Pear Crumble with Custard (V)

Sausage and Roast Potatoes and Gravy (VE)

Mild Caribbean Chicken with Golden Roast Potatoes

Green Beans (VE)
Cauliflower (VE)

Yoghurt (V) and Fresh Fruit

Caribbean Stew with Golden Rice (VE)

Minced Beef Cottage Pie

Carrots (VE)
Peppers (VE)

Wholemeal Orange and Cinnamon Shortbread (VE)

Tomato and Butterbean Pasta (VE)

Salmon Fishfingers / Pollock Fishfingers with Chips

Coleslaw (VE)
Peas (VE)

Chocolate and Apple Sponge and Chocolate Sauce (V)

MENU KEY



Added Plant Protein



Planet Friendly Option



Local Red Tractor Meat

Vegan (VE)

(V) Vegetarian

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

Available Daily: Freshly cooked jacket potatoes with a choice of fillings (V, VE) (where advertised) - Bread freshly baked on site daily (VE) - Daily salad selection (V, VE) - Fresh Fruit (VE) and Yoghurt (V) is available daily - Milk (V)

