

# School Lunch Menu

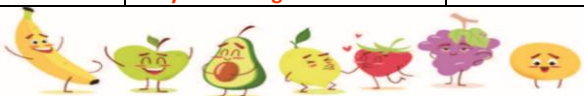
|  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|---|--|---|---|---|
| <b>WEEK 1</b><br>30/8<br>27/9<br>25/10<br>22/11<br>20/12 | Spaghetti Bolognese & Homemade Garlic Bread Or Breaded Fish Fingers<br><br>Baton Carrots<br>Medley of Fresh Vegetables<br>Mashed Potato<br><br>Vanilla Ice Cream pot Or Yoghurt & Fruit     | Breast of Chicken Curry & Rice, Naan Bread Or Chicken & Cheese Melt<br><br>Garden Peas<br>*Salad Selection<br>Mashed Potato, Baby Boiled Potatoes<br><br>Jelly Pot or Yoghurt & Fruit                | Homemade Breaded Chicken Goujons Selection of Dipping Sauces Or Spicy Chicken Fajita with Warm Tortilla wrap<br>Sweetcorn, *Salad Selection<br>Mashed Potato, Hot Pasta Twists<br><br>Fresh Fruit Selection & Fresh Yoghurt | Roast Pork Or Roast Chicken<br><br>Herb Stuffing, Gravy<br>Fresh Baton Carrots<br>Broccoli Florets<br>Mashed Potato<br><br>Chocolate muffin Or Fruit & Yoghurt                                | Hot Dog Or Ciabatta Pizza Slices<br><br>Baked Beans<br>Peas<br>*Tossed Salad<br>Chips, Mashed Potato<br><br>Flakemeal Biscuit or Yoghurt & Fruit  |
| <b>WEEK 2</b><br>6/9<br>4/10<br>1/11<br>29/11            | Chicken Chow Mein Or Steak Burger<br><br>Gravy<br>Broccoli Florets<br>Fresh Baton Carrots<br>Mashed Potato<br><br>Fresh Fruit Selection & Fresh Yoghurt                                     | Breast of Chicken Curry with Boiled Rice & Naan Bread Or Homemade Margherita Pizza<br><br>Garden Peas, Tossed Salad<br>Pasta Twists<br><br>Shortbread or Yoghurt & Fruit                             | Cheesy Bolo Pasta Or Fresh Breaded Fish Goujons<br><br>with lemon slice, Tartar Sauce<br>Baked Beans, Garden Peas<br>Sweetcorn, *Salad Selection<br>Mashed Potato<br><br>Jelly Pot or Yoghurt & Fruit                       | Roast Breast of Chicken Or Chicken Crumble<br><br>Herb Stuffing<br>Gravy<br>Cauliflower Cheese<br>Fresh Diced Carrots / Parsnip, Mashed Potato<br>Chocolate muffin Or Fruit & Yoghurt         | Chicken Nuggets Or Hot Thai flavoured Chicken Wrap<br><br>Salsa Dip, Sweetcorn<br>*Salad Selection<br>Chips<br>Baked Potato<br>Vanilla Ice Cream pot Or Yoghurt & Fruit   |
| <b>WEEK 3</b><br>13/9<br>11/10<br>8/11<br>6/12           | Italian Bolognese Pasta Or Breaded Fish Fingers<br><br>Baked Beans, Sweetcorn<br>Broccoli Florets<br>Mashed Potato<br><br>Ice Cream pot Or Yoghurt & Fruit                                  | Mac & Cheese Or Homemade Salt & Chilli or Traditional Chicken Goujons, Selection of dipping sauces<br><br>Baton Carrots, * Salad Selection, Chips, Mashed Potato<br><br>Jelly Pot or Yoghurt & Fruit | Mexican Enchilada Or Oven Baked Sausage<br><br>Garden Peas<br>Mediterranean Roasted Vegetables, Mashed Potato<br>Baby Boiled Potatoes<br><br>Fresh Fruit Selection & Yoghurt  | Chicken Panini Or Roast Turkey<br>Herb Stuffing<br>Cranberry Sauce, Gravy<br>Fresh Carrot or Parsnip<br>Fresh Savoy Cabbage<br>Mashed Potato<br><br>Chocolate Cookie Or Fruit & Yoghurt       | Traditional Homemade Chicken or Smooth & Hearty Vegetable Soup<br>Steak Burger in Bap, Or Bang Bang Chicken in Hot Baguette<br>Mashed Potato, Tossed Salad<br>Selection of breads<br>Frozen Mousse or Fresh Fruit & Yoghurt |
| <b>WEEK 4</b><br>20/9<br>18/10<br>15/11<br>13/12         | Breast of Chicken Curry with Boiled Rice & Naan Bread Or Chicken & Broccoli Bake<br>Garden Peas<br>Fresh Savoy Cabbage<br>Gravy<br>Mashed Potato<br><br>Chocolate muffin Or Fruit & Yoghurt | Chicken Stir Fry & Noodles Or Oven Baked Sausage<br>Baked Beans<br>Sweetcorn<br>Baton Carrots<br>Mashed Potato<br><br>Flakemeal Biscuit or Yoghurt & Fruit   | Roast Breast Chicken Or Beef Stew<br>Herb Stuffing<br>Gravy<br>Diced Turnip<br>Fresh Baton Carrots<br>Mashed Potato<br><br>Jelly Pot or Yoghurt & Fruit   | Spaghetti Bolognese Or Fresh Breaded Fish Fillets Or Salmon fish cake<br>Lemon Slice and Tartar Sauce,<br>Broccoli & Cauliflower Florets<br>Mashed Potato<br><br>Selection of Fruit & Yoghurt | Homemade Margherita Pizza Or Marinated Chicken Fillets with warm Tortilla Wraps<br><br>* Salad Selection<br>Sweetcorn<br>Traditional Champ<br>Chips<br><br>Artic Roll or Fruit & Yoghurt                                    |

*Breads  
Milk, Water  
Fresh Fruit,  
Yoghurt  
Available Daily*

*\*2 Items from  
Cook's Salad  
Selection  
Rice Salad,  
Coleslaw  
Sweet Chilli Pasta  
Tossed Salad  
Lettuce, Cherry  
Tomato  
Carrot Sticks  
Cucumber Sticks  
Diced Red Peppers  
Red Onion  
Radish*

*If You Require  
Any Additional  
Information on  
Allergens or  
Special Diets  
Please Contact  
the School to  
complete a  
Special Diets  
Application Form*

Rice, Pasta, Potatoes and Gravy can be served Daily



Menu choices subject to deliveries  
Fresh Fish May Contain Bones