

# Week One



## Meat Free Monday

Pizza with Jacket Potato Wedges

## Tuesday

Local Pork Sausages

## Roast Wednesday

Roast Chicken with Stuffing and Roast Potatoes

## Thursday

Hearty Beef Bolognese with Pasta Twists

## Fishy Friday

Breaded Fish Fingers

**Did you know?**  
We use whole wheat flour in our bread and pastry recipes to ensure our menus are rich in Fibre which is great for your digestion!



# Week Two

## Monday

Beef Meatballs in Mediterranean Sauce with Pasta

## Tuesday

Turkey 'One Pot' with a Herby Scone and Baby Boiled Potatoes

## Roast Wednesday

Succulent Roast Pork with Apple Sauce

## Thursday

Mild Chicken Tikka Masala with Steamed Rice and Naan Bread

## Fishy Friday

Krispy Fish

Option 1

Vegetarian Enchilada with Steamed Rice

**NEW**

Mashed Potato and Baked Beans

Option 2 (v)

Mixed Salad

**NEW**

Mashed Potato and Baked Beans

Served With

Jacket Potato Option

Jacket Potato with Baked Beans

Jacket Potato with Cheese

And for Pudding

Mini Cocoa Crunch with Fresh Orange Wedges

Fruit Scone with Jam and Cream

Fresh Bread, Salad, Fruit, Milk Drink and Water are available every school day. Jacket Potatoes are served with Daily Vegetables or Salad. Please check with your school if the Jacket Potato Option is available.

Week starting: 4 Sept • 25 Sept • 16 Oct • 13 Nov • 4 Dec • 1 Jan • 22 Jan

Option 1

Option 2 (v)

Served With

Jacket Potato Option

And for Pudding

**NEW**

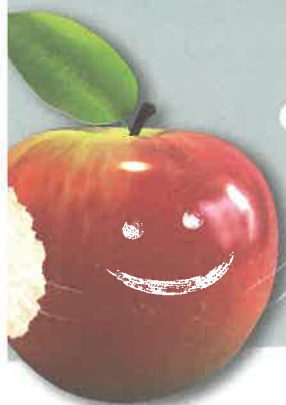
Mini Chewy Bar with Fresh Apple Wedges

Fresh Bread, Salad, Fruit, Milk Drink and Water are available every school day. Jacket Potatoes are served with Daily Vegetables or Salad. Please check with your school if the Jacket Potato Option is available.

Week starting: 11 Sept • 2 Oct • 30 Oct • 20 Nov • 11 Dec • 8 Jan • 29 Jan

# Week Three

**Did you know?**  
The sweet potato used in Tuesday main dish on Tuesday Week 3 is not only delicious but contains lots of Vitamin D which helps keep your bones nice and strong!



## Monday

Option 1

Breaded Chicken Fillet with Tomato Pasta

**NEW**

Option 2 (v)

Lentil Moussaka

Served With

Mixed Salad

Jacket Potato Option

Jacket Potato with Baked Beans

And for Pudding

Mini Shortbread with Fresh Apple and Orange Wedges

## Tuesday

Pork and Sweet Potato Topped Pie with Gravy

**NEW**

Veggie Balls in Mediterranean Sauce with Steamed Rice

Cauliflower and Sweetcorn

Jacket Potato with Cheese

Brownie Slice

## Roast Wednesday

Traditional Roast Beef with Yorkshire Pudding

**NEW**

Quorn Sausage with Yorkshire Pudding

Mashed Potato, Green Beans, Carrots and Gravy

Jacket Potato with Tuna Mayonnaise

Locally Sourced Vanilla Ice-Cream

## Thursday

Hunter's Chicken with Savoury Rice

Italian Bean Bake

Pea and Sweetcorn Medley

Jacket Potato with Cheese and Baked Beans

Apple Crumble with Custard

## Fishy Friday

Breaded Fish Fingers or Salmon Fingers

Veggie Burger

Chips with Garden Peas or Baked Beans

Jacket Potato with Cheese and Coleslaw

Carrot Cake

Fresh Bread, Salad, Fruit, Milk Drink and Water are available every school day. Jacket Potatoes are served with Daily Vegetables or Salad. Please check with your school if the Jacket Potato Option is available.

Week starting: 18 Sept • 9 Oct • 6 Nov • 27 Nov • 18 Dec • 15 Jan • 5 Feb

**Did you know?**  
At least three of our desserts per week contain over 50% fruit to ensure you get lots of Vitamins A and C which are good for your eyesight and will help boost your natural immunity!

