

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 06/09/21 27/09/21 18/10/21 15/11/21 06/12/21	Main	● Chicken Masala Curry	● Chicken Meatballs with Spaghetti in Tomato Sauce	● Roast BBQ Chicken Dinner	● Beef Lasagne	● Cod Bites
	Vegetarian	Cheese, Tomato & Spinach Pinwheel with Potato Wedges	Vegetarian Shepherds Pie (VG)	Vegetarian Sausage Jambalaya (VG)	Roasted Vegetable Lasagne	Vegetarian Chilli Non Carne (VG)
	Carbs & Veg	Rice & Mixed Salad	Peas or Mixed Salad	Roast Potatoes Cabbage & Carrots	New Potatoes New Potato Mixed Salad	Rice, Chips Peas or Mixed Salad
	Option	Pasta in a Tomato & Basil Sauce	Jacket Potato with Beans or Coleslaw	Pasta in a Roasted Vegetable Sauce	Jacket Potato with Beans or Cheese	
	Dessert	Apple Pie with Custard	Fruit Platter or Yoghurt	Yoghurt or Cheese & Crackers	Carrot Cake	Pancakes with Fruit Compote
Week 2 13/09/21 04/10/21 01/11/21 22/11/21 13/12/21	Main	● Chicken in a Bun	● Lamb Spaghetti Bolognese	● Roast Paprika Chicken Dinner	● Beef Chilli Con Carne	● Fish Fingers
	Vegetarian	Vegetable Samosas (VG) With New York Deli Slaw	Asian Noodle Stir Fry	● Asian Vegetable Noodle Stir Fry with Soy & Honey Salmon	Spanish Vegetable Frittata With Cherry Tomatoes	Cheese & Tomato Flan
	Carbs & Veg	New Potatoes Baked Beans	Mixed Salad	Roast Potatoes Carrots & Broccoli	Rice or Croquette Potatoes Mixed Salad	Chips Peas, Beans
	Option	Jacket Potato with Beans or Cheese	Pasta in a Tomato & Basil Sauce	Jacket Potato with Beans or Cheese	Pasta in a Roasted Fresh Vegetable Sauce	
	Dessert	Fruit Platter or Yoghurt	Apple & Peach Oatie Crumble	Yoghurt or Cheese & Crackers	Eve's Pudding (Apple Sponge)	Vanilla Ice Cream Pot
Week 3 20/09/21 11/10/21 08/11/21 29/11/21	Main	● Chicken Biryani With side salad option	● Minced Lamb Hotpot	● Roast Chicken Dinner	● Braised Chicken & Beef Sausages in Onion Gravy	● Breaded Baked Fish Fillet
	Vegetarian	Mac & Cheese	Sweet Potato, Chickpea & Spinach Curry (VG)	Vegetarian Sausages in a Yorkshire Pudding with Onion Gravy (VG)	Nasi-Goreng (No Egg) (Spiced Stir Fried Vegetable Rice) (VG)	Broccoli & Cauliflower Cheese with Sweet Potato Mash
	Carbs & Veg	Broccoli Mashed Carrot & Swede	Rice & Mixed Salad	Roast Potatoes Courgette Provençale & Peas	Mashed Potatoes Mixed Vegetables	Chips Peas or Beans
	Option	Pasta in a Tomato & Basil Sauce	Jacket Potato with Beans or Cheese	Pasta in a Roasted Vegetable Sauce	Jacket Potato with Beans or Cheese	
	Dessert	Fruit Platter or Yoghurt	Apple Crumble	Yoghurt or Cheese & Crackers	Lemon Drizzle Slice	Peach & Pear Pot

Fresh Fruit and Yoghurt are available every day. We use locally sourced ingredients when available and in season.
All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards.

● Halal Suitable (VG) VEGAN (Jacket Potato with Beans) Additional VG Option