




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st – 2nd Sep 26th – 30th Sep 24th – 28th October	Asparagus, onion, leek and potato soup, chicken and turkey carbonara, baked macaroni and cheese, sautéed mushroom with courgette and red pepper, Mediterranean salad (rocket, tomato, cucumber, feta cheese, carrot & tuna), fruit	Gazpacho soup, roast pork and gravy, roast potatoes, steamed broccoli, cauliflower and broccoli cheese bake, Valencian salad (iceberg, tomato, cucumber, carrot, onion & olives.), fruit	Courgette, leek, celery and potato soup, baked salmon, rice with tomato sauce, cabbage, courgette, and red pepper stir fry, garlic bread, Greek salad (tomato, cucumber, onion, olives & feta cheese), homemade yogurt, fruit  26 <sup>th</sup> October Mexican Day Tomato, celery and potato soup, Chicken tacos, Roast potatoes, Mixed salad, fruit	Tomato, celery, onion and potato soup, tuna or chicken wraps, roast chicken breasts, jacket potatoes, boiled corn on the cob, Spring salad (iceberg, carrot, avocado, strawberries & sweet corn), fruit	Leek, onion, celery and potato soup, homemade beef burger, potato wedges, courgette, aubergine, potato and tomato bake with cheese, honey glazed green beans and carrots, spinach salad (spinach, cherry tomatoes, cucumber & carrot), carrot cake, fruit
5th – 9th September 3rd – 7th October	Pea, onion, celery and potato soup, chicken curry with rice, sautéed peas and corn, Valencian salad, (iceberg, tomato, cucumber, carrot, onion & olives), fruit	Carrot, courgette, leek and potato soup, baked breaded hake, roasted potatoes, glazed carrots, garlic bread, Valencian salad (iceberg, tomato, cucumber, onion & olives) fruit	Roasted red pepper, onion, potato and squash soup, Hearty beef cobbler with celery, carrots and mashed potato, sautéed carrot, courgette and red pepper, spinach salad (spinach, cherry tomatoes, cucumber & carrots), homemade yogurt, fruit	Sweet corn, haddock, leek, celery and potato soup, couscous with chicken, courgette, carrot, celery, squash and spices, Spring salad (iceberg, carrots, avocado, strawberries & sweet corn), fruit	Leek, onion, celery and potato soup, spaghetti bolognese, baked cream cheese pasta, sautéed courgette, carrots and green beans, mixed salad (green lettuce, red lettuce, cherry tomatoes, cucumber & sweet corn), homemade ice cream and pancakes, fruit
12th – 16th September 10th – 14th October	Broccoli, onion, celery and potato soup, chicken paella with red pepper, mushroom risotto with peas, fried squid, sautéed green beans, Romaine salad (lettuce, tomato, cucumber, onion), fruit salad (watermelon, pineapple & melon), Fruit	Chicken noodle soup with celery and carrots, tuna and tomato puff pastry, courgette, aubergine, tomato and potato bake with cheese, roast potatoes, sautéed green cabbage and red pepper, Spring salad (iceberg, carrots, avocado, strawberries & sweet corn), fruit	Asparagus, onion, leek and potato soup, curried fried rice with salmon and peas, baked potato wedges, steamed broccoli, Mediterranean salad (rocket, lettuce, tomato, cucumber, feta cheese, carrots & tuna), homemade yogurt, fruit  14 <sup>th</sup> September Japanese Day Asparagus, leek and potato soup, Chicken katsu, rice, mixed salad, yoghurt, fruit	Sweet corn, haddock, leek, celery and potato soup, turkey and cheese pizza, vegetable pizza (mushroom, red pepper, onion & basil), boiled string beans, Mediterranean salad (rocket, lettuce, tomato, cucumber, feta cheese, carrot, & tuna), fruit	Courgette, leek, celery and potato soup, chicken legs with gravy/tomato sauce, rice, broccoli mousse, Greek salad (tomato, cucumber, onion, olives & feta cheese), apple crumble and custard, fruit
19th – 23rd Sep 17th – 21st October	Fish hake noodle soup, beef meatballs with tomato sauce, mashed potato, baked courgette, carrot, lentils and potato balls, sautéed peas and corn, mixed salad (iceberg, tomato, cucumber, carrots & sweet corn), fruit	Tomato, celery, onion and potato soup, tagliatelle with pesto baked pasta with béchamel and cheese, sautéed mushroom, courgette and red pepper, mixed salad (green lettuce, red lettuce, cherry tomatoes, cucumber & sweet corn), fruit 	Carrot, celery, onion, leek and potato soup, crispy baked hake fish fingers with lemon, roast potatoes, sautéed spinach, spring salad (iceberg, tomato, carrots, avocado, strawberries & sweet corn), homemade yogurt, fruit	Chicken noodle soup with celery and carrots, Spanish omelette turkey and cheese slices, tuna macaroni salad with mayonnaise, Mediterranean salad (rocket, lettuce, tomato, cucumber, onion, feta cheese, carrots & tuna), fruit	Pea, onion, celery and potato soup, homemade chicken burger (no egg) in a bun, cheese/lentil burger, potato wedges, sautéed green peas, creamy coleslaw, spring salad (iceberg, carrots, avocado, strawberries & sweet corn), rice pudding, fruit

The mixed salads include a selection of carrots, corn, tomatoes, lettuce, cucumber and coleslaw | All meals are served with a choice of milk or water and a selection of white and brown bread | Vegetarians can be catered for. Please see the office for special diets | Please note that alternative dishes can always be prepared on request | Added choices are available daily dependent upon seasonal options | We request that your child does not bring sweets or chewing gum to school, especially the latter which is prohibited in school. Please note that only fruit should be brought for playtime. (Except on Fridays- healthy snack day) | Please note that fresh fruit is offered everyday. Whole wheat pasta will be used for the pasta dishes.