

Week one

Week Commencing: 13/5, 10/6, 1/7, 2/9, 23/9, 14/10.

Main meal... British Pork Sausages with Gravy and Creamy Mashed Potatoes (v,h) Chinese Style Quorn with Noodles (v) Filled Jacket Potato Choice Tuna Mayo-maise Sandwich	MONDAY On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v) Strawberry Swirl Mousse (v) Cheddar Cheese, Crackers & Apple (v) Organic Yoghurt or Fresh Fruit
Main meal... Chicken Fillet Wrap with BBQ Sauce, Baked Potato Wedges (v,h) Farmhouse Omelette, Baked Potato Wedges (v) Filled Jacket Potato Choice (v) Cheddar Cheese Soft Bap	TUESDAY On the side... Fresh Salad Bar Corn on the Cob or Peas For dessert... (v,h) Iced Mandarin Sponge (v) Organic Yoghurt or Fresh Fruit

OUR ROAST OF THE DAY British Roast Pork Joint/Loin or Gammon Joint, Apple Sauce, Gravy, Crispy Roast Potatoes (v) Veggie Toad in the Hole, Gravy, Crispy Roast Potatoes (v) Filled Jacket Potato Choice Sliced Turkey Soft Bap	WEDNESDAY On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v,h) Fruit Crumble & Custard (v) Ice Cream Tub (v) Organic Yoghurt or Fresh Fruit
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Main meal... (h) Organic Beef Bolognese Pasta Bake, Malted Wheat Baguette (v,h) Homemade Rustic Cheese & Tomato Pizza, Crispy Potatoes (v) Filled Jacket Potato Choice Sliced Ham Sandwich	THURSDAY On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v) Creamy Whip with Fruit in Juice (v,h) Homemade Ginger Cookie (v) Organic Yoghurt or Fresh Fruit
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Main meal... SEASIDE SPECIAL FISHY FRIDAY (msc) Harry Ramsden's Seaside Salmon Fish Fillet, Criss-Cross Potatoes (v,h) Not Too Spicy Vegetable Burrito, Criss-Cross Potatoes (v) Filled Jacket Potato Choice (v) Egg Mayo and Cress Soft Bap	FRIDAY On the side... Fresh Salad Bar Peas or Baked Beans For dessert... (v) Organic Yoghurt or Fresh Fruit
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------

Week two

Week Commencing: 20/5, 17/6, 8/7, 9/9, 30/9, 21/10.

Main meal... MEAT FREE MONDAY (v) Cheese & Tomato Pizza Wedge (v) Vegan Country Bake, lightly bread crumbed vegetable pattie with vegan cheese. Baked Potato Wedges (v) Filled Jacket Potato Choice (v) Cheddar Cheese Sandwich	MONDAY On the side... Fresh Salad Bar Vegetables of the Day Baked Beans For dessert... (v,h) Homemade Chocolate Cracknel (v) Organic Yoghurt or Fresh Fruit
Main meal... Organic Beef Grill in a High Fibre Bun, Crispy Potatoes (v,h) Cheesy Pasta Bake, Malted Wheat Baguette (v) Filled Jacket Potato Choice British Turkey Wrap	TUESDAY On the side... Fresh Salad Bar Vegetables of the Day For dessert... Jelly with Fruit or (v) Ice Cream Tub (v) Organic Yoghurt or Fresh Fruit

OUR ROAST OF THE DAY Roast Chicken Fillet or Joint, Gravy and Crispy Roast Potatoes (v,h) Mild and Creamy Vegetable Korma with Rice (v) Filled Jacket Potato Choice Tuna Mayo-maise Soft Bap	WEDNESDAY On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v,h) Up Beet Chocolate Cake with Hot Chocolate Sauce (v) Organic Yoghurt or Fresh Fruit
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Main meal... (h) Organic Beef Chilli, Nacho Seasoned Potato Wedges (v) Veggie Sausage Hot Dog, Nacho Seasoned Potato Wedges (v) Filled Jacket Potato Choice British Chicken Soft Bap	THURSDAY On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v,h) Melting Moment Biscuit (v) Organic Yoghurt or Fresh Fruit
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Main meal... FISHY FRIDAY (msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes (v,h) Cheesy Tomato Risotto, Malted Wheat Baguette (v) Filled Jacket Potato Choice (v) Cheddar Cheese Wrap	FRIDAY On the side... Fresh Salad Bar Peas or Baked Beans For dessert... (v) Favourite Fruit Muffin (v) Ice Cream Tub (v) Organic Yoghurt or Fresh Fruit
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Week three

Week Commencing: 3/6, 24/6, 15/7, 16/9, 7/10, 4/11.

Main meal... Organic Pork Meatballs, Rich Tomato Gravy and Pasta (v,h) Quorn Korma with Wholegrain Rice (v) Filled Jacket Potato Choice (v) Cheddar Cheese Soft Bap	MONDAY On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v,h) Homemade Fruity Flapjack (v) Organic Yoghurt or Fresh Fruit
Main meal... (h) Pasta with Peas and Bacon (v,h) Pizza Fillet, quorn fillet topped with rich rustic tomato sauce and melted cheese. Dry Roasted New Potatoes or Garlic Bread (v) Filled Jacket Potato Choice British Roast Chicken Wrap	TUESDAY On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v,h) Homemade Sponge with Fruit in Juice (v) Organic Yoghurt or Fresh Fruit

OUR ROAST OF THE DAY British Roast Beef, Yorkshire Pudding, Gravy, Crispy Roast Potatoes (v,h) Broccoli and Sweetcorn Pasta Bake, Malted Wheat Baguette (v) Filled Jacket Potato Choice Sliced Ham Soft Bap	WEDNESDAY On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v,h) Jam Tart and Custard (v) Ice Cream Tub (v) Organic Yoghurt or Fresh Fruit
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Main meal... (h) Homemade Chicken Pie, Gravy, Creamy Mash or Crispy Potatoes (v) Sticky Barbeque Veggie Sausages, Creamy Mash or Crispy Potatoes (v) Filled Jacket Potato Choice Tuna Mayo-maise Sandwich	THURSDAY On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v) Cheddar Cheese, Crackers & Apple (v,h) Carrot and Orange Cookie (v) Organic Yoghurt or Fresh Fruit
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Main meal... FISHY FRIDAY (msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes (v,h) Quorn Nuggets with Rainbow Rice (v) Filled Jacket Potato Choice (v) Cheddar Cheese Soft Bap	FRIDAY On the side... Fresh Salad Bar Peas or Baked Beans For dessert... (v,h) Homemade Vanilla Krispy Bar (v) Ice Cream Tub (v) Organic Yoghurt or Fresh Fruit
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



(v) Vegetarian Option (h) Homemade (msc) Certified Sustainable Seafood

Allergies
Please contact your school cook for information regarding the content of dishes and products on our menu.

