

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	Sausage and Mashed Potatoes served with Seasonal Vegetables	Cheese and Bean Pasty served with Mashed Potatoes and Seasonal Vegetables	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Iced Lemon Sponge
TUESDAY	Chicken and Tomato Pasta Bake served with Seasonal Vegetables	Macaroni Cheese served with Garlic Bread and Seasonal Vegetables	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Strawberry Mousse
WEDNESDAY	Roast Chicken with Roast Potatoes, Seasonal Vegetables and Gravy	Roasted Vegetable Frittata served with Seasonal Vegetables	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Ice Cream with Shortbread Finger
THURSDAY	Meatballs served with Mashed Potato and Seasonal Vegetables	Vegetarian Lasagne served with Seasonal Vegetables	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Chocolate Crispy Cake
FRIDAY	Cod or Salmon Fish Finger served with Chips and Baked Beans or Peas	Veggie Nuggets served with Chips and Baked Beans or Peas	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Fruity Friday



### AVAILABLE DAILY:

Freshly baked bread, fresh salad bar, water, seasonal fresh fruit, fruit yoghurt.



FUEL FOR YOUNG MINDS

School Lunch

# menu

AUTUMN '19 – WINTER '20

October 2019 – February 2020

### FOOD for LIFE

With this menu we continue with our achievement of Food for Life Silver; which briefly means your children are being provided healthy, well balanced and professionally created lunches made from the highest ingredients, including free-range, organic and MSC certified fish.

For more information on the award, please visit [foodforlife.org.uk/schools](http://foodforlife.org.uk/schools)



### OUR MENU

- Our menus meet or exceed government food standards for school meals.
- Do not include fish on the Marine Conservation Society 'Fish to Avoid' list.
- Only contain British farm assured meat.
- Are nut free, peanut free and shellfish free



## Week One Menu

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	Ham Pizza served with Baked Wedges and Seasonal Vegetables	Cheese Pizza served with Baked Wedges and Seasonal Vegetables	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Flapjack
TUESDAY	Pasta Bolognaise served with Seasonal Vegetables	Veggie Meatballs served Pasta and Seasonal Vegetables	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Homemade Oaty Cookie
WEDNESDAY	Roast Turkey served with Roast Potatoes, Seasonal Vegetables and Gravy	Savoury Veggie Mince with Roast Potatoes, Seasonal Vegetables and Gravy	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Fruit Jelly
THURSDAY	Mild Chicken Curry served with Rice and Seasonal Vegetables	Mild Vegetable Chilli served with Nachos and Seasonal Vegetables	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Jam Sponge with Custard
FRIDAY	Fish Fingers and Chips served with Baked Beans or Peas	Veggie Fingers and Chips served with Baked Beans or Peas	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Fruity Friday

## Week Two Menu

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	Beef Burger in a Bun served with Seasonal Vegetables	Cheese and Bean Pasty served with Fresh Bread	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Shortbread Fingers
TUESDAY	All Day Breakfast served with Seasonal Vegetables	Hot BBQ Mixed Bean Wrap served with Seasonal Vegetables	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Apple Crumble and Custard
WEDNESDAY	Roast Gammon with Roast Potatoes, Seasonal Vegetables and Gravy	Roast Quorn Fillet served with Roast Potatoes, Seasonal Vegetables and Gravy	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Iced Marble Sponge Cake
THURSDAY	Macaroni Cheese served with Seasonal Vegetables	Quorn Sausages and Mashed Potatoes served with Seasonal Vegetables	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Chocolate Muffin
FRIDAY	Fish Cakes and Chips served with Baked Beans or Peas	Veggie Burger and Chips served with Baked Beans or Peas	Jacket Potato Filled with Baked Beans and Cheese or Tuna	Salad Bar Sandwiches Baguettes Rolls	Fruity Friday



### AVAILABLE DAILY:

Freshly baked bread, fresh salad bar, water, seasonal fresh fruit, fruit yoghurt.