

Weekly Menu

Week one

Week Commencing: 31/08, 12/10, 12/10, 9/11, 30/11, 4/12/1, 25/1, 22/2, 15/3, 19/4, 10/5, 7/6, 28/6, 19/7.

MONDAY

Choose a main meal...

British Pork Sausages with Gravy and Creamy Mashed Potatoes

(v,h) Chinese Style Quorn with Noodles

(v) Filled Jacket Potato Choice

Tuna Mayonnaise Sandwich

On the side...
Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Strawberry Swirl Mousse

(v) Cheddar Cheese, Crackers and Apple Slices

(v) Organic Yoghurt or Fresh Fruit

TUESDAY

Choose a main meal...

Barbecue Marinated British Chicken Breast Wrap, Baked Potato Wedges

(v,h) Chef's Free Range Omelette with Baked Potato Wedges

(v) Filled Jacket Potato Choice

British Turkey Soft Bap

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

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST

British Roast Pork Joint or Lamb Steak or Gammon Joint, Apple Sauce, Gravy and Crispy Roast Potatoes

(v) Veggie Sausage Toad in the Hole, Gravy and Crispy Roast Potatoes

(v) Filled Jacket Potato Choice

(v) Cheddar Cheese Soft Bap

On the side...

Fresh Salad Bar

Vegetables of the Day

For dessert...

(v) Apple Pie and Custard

(v) Ice Cream Tub

(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...

(h) Lowerhurst Farm Organic Beef Bolognaise with Pasta and Malted Wheat Baguette

(v,h) Cheddar Cheese and Potato Pie

(v) Filled Jacket Potato Choice

(v) British Ham Sandwich

On the side...

Fresh Salad Bar

Vegetables of the Day or Baked Beans

For dessert...

(v) Chocolate Mousse

with Fruit in Juice on the Side

(v,h) Crunch Cookie

(v) Organic Yoghurt or Fresh Fruit

FRIDAY

Choose a main meal... FISHY FRIDAY

(msc) *Crispy Fishcake with Crispy-Cross Potatoes

(v,h) Cheese and Tomato Pizza with Crispy-Cross Potatoes

(v) Filled Jacket Potato Choice

(v) Egg Mayonnaise and Gress Soft Bap

On the side...

Fresh Salad Bar

Peas or Baked Beans

For dessert...

(v,h) Sticky Ginger Cake

(v) Organic Yoghurt or Fresh Fruit

Week two

Week Commencing: 7/9, 28/9, 19/10, 16/11, 7/12, 11/12/1, 1/2, 1/3, 22/3, 26/4, 17/5, 14/6, 5/7.

MONDAY

Choose a main meal...

Organic Pork Meatballs, Rich and Rustic Tomato Gravy and Pasta

(v,h) Vegetable Cottage Pie with Cheesy Topped Mash and Malted Wheat Baguette

(v) Filled Jacket Potato Choice

(v) Cheddar Cheese Soft Bap

On the side...

Fresh Salad Bar

Vegetables of the Day

For dessert...

(v,h) Chef's Choice Flapjack

(v) Organic Yoghurt or Fresh Fruit

TUESDAY

Choose a main meal...

Brunch Lunch - Bacon Medallion, Pork Sausage, Omelette and Baked Potato Wedges

(v,h) Mild and Creamy Quorn Korma with Wholegrain Rice

(v) Filled Jacket Potato Choice

British Roast Chicken Wrap

On the side...

Fresh Salad Bar

Peas or Baked Beans

For dessert...

(v,h) Chef's Sponge Cake Choice with Fruit in Juice on the Side

(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST

British Roast Beef, Yorkshire Pudding, Gravy and Crispy Roast Potatoes

(v,h) Veggie Bolognaise with Noodles

(v) Filled Jacket Potato Choice

British Ham Soft Bap

On the side...

Fresh Salad Bar

Vegetables of the Day

For dessert...

(v,h) Fruit Crumble and Custard

(v) Ice Cream Tub

(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...

(h) British Chicken Pie with Gravy, Creamy Mash or Crispy Potatoes

(v,h) Veggie Sausages with Gravy, Creamy Mash or Crispy Potatoes

(v) Filled Jacket Potato Choice

Tuna Mayonnaise Sandwich

On the side...

Fresh Salad Bar

Vegetables of the Day

For dessert...

(v,h) Chocolate Shortbread

(v) Organic Yoghurt or Fresh Fruit

FRIDAY

Choose a main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes

(v) Quorn Nuggets with Rainbow Rice

(v) Filled Jacket Potato Choice

(v) Cheddar Cheese Soft Bap

On the side...

Fresh Salad Bar

Peas or Baked Beans

For dessert...

(v) Two Dinky Doughnuts with Dipping Sauce

(v) Organic Yoghurt or Fresh Fruit

Week three

Week Commencing: 14/9, 5/10, 2/11, 23/11, 14/12, 18/12/1, 8/2, 8/3, 29/3, 3/5, 24/5, 21/6, 12/7.

MONDAY

Choose a main meal... MEAT FREE MONDAY

(v) Cheese and Tomato Pizza with Baked Potato Wedges

(v,g) Breadcrumbed Vegetable Fingers with Baked Potato Wedges

(v) Filled Jacket Potato Choice

(v) Cheddar Cheese Sandwich

On the side...

Fresh Salad Bar

Baked Beans

For dessert...

(v,h) Chocolate Cracknel

(v) Organic Yoghurt or Fresh Fruit

TUESDAY

Choose a main meal...

Lowerhurst Farm Organic Beef Grill in a High Fibre Bun with Crispy Potatoes

(v,h) Cheesy Pasta Bake with Malted Wheat Baguette

(v) Filled Jacket Potato Choice

British Turkey Wrap

On the side...

Fresh Salad Bar

Vegetables of the Day

For dessert...

Jelly with Fruit

(v) Ice Cream Tub

(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY

Choose a main meal... WEDNESDAY ROAST

British Roast Chicken Joint or Fillet, Gravy and Crispy Roast Potatoes

(v,h) Mild and Creamy Vegetable Korma with Wholegrain Rice

(v) Filled Jacket Potato Choice

Tuna Mayonnaise Soft Bap

On the side...

Fresh Salad Bar

Vegetables of the Day

For dessert...

(v,h) Up-Beet Chocolate Cake and Hot Chocolate Sauce

(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...

(h) Lowerhurst Farm Organic Beef Lesagne with Garlic Bread

(v,g) Veggie Hot Dog in a Finger Roll with Ketchup and Baked Potato Wedges

(v) Filled Jacket Potato Choice

British Roast Chicken Soft Bap

On the side...

Fresh Salad Bar

Vegetables of the Day

For dessert...

(v,h) Zesty Orange Cookie

(v) Organic Yoghurt or Fresh Fruit

FRIDAY

Choose a main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes

(v,h) Tomato Fusilli Pasta with Malted Wheat Baguette

(v) Filled Jacket Potato Choice

(v) Cheddar Cheese Wrap

On the side...

Fresh Salad Bar

Peas or Baked Beans

For dessert...

(v,h) Pupil's Favourite Fruit Muffin

(v) Ice Cream Tub

(v) Organic Yoghurt or Fresh Fruit

Everyday we offer: Fruit Juice Cordial, Organic Semi Skimmed Milk and a Fresh Bread Basket

Ketchup is offered with selected dishes

Vegetable accompaniments change to reflect seasonal availability

(v,g) Vegan Salmon and Sweet Potato

(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