



# Week One

## Meat Free Monday

- Option 1** Cheese and Tomato Swirl with Pasta Salad
- Option 2 (v)** Sweet Potato and Lentil Curry with Steamed Rice
- Served With** Sweetcorn
- Jacket Potato Option** Jacket Potato with Baked Beans
- And for Pudding** Vanilla Ice Cream

## Tuesday

Lamb Meatballs in a Sweet Pepper Sauce with Steamed Rice

- NEW** Italian Bean Bake
- Garden Peas and Carrots
- Jacket Potato with Cheese and Coleslaw
- Brownie Slice

## Roast Wednesday

Roast Chicken with Stuffing

- NEW** Quorn Chipolatas with Stuffing
- Roast Potatoes, Spring Greens, Carrots and Gravy
- Jacket Potato with Tuna Mayonnaise
- Fresh Fruit Salad with Natural Yoghurt

## Thursday

Italian Beef Lasagne with Herby Bread

- Vegetarian Bean Chilli with Steamed Rice
- Crunchy Mixed Salad
- Jacket Potato with Cheese and Baked Beans
- Fruit and Jelly

## Fishy Friday

Breaded Fish Fingers

- Cheese and Tomato Quiche
- Chips, Garden Peas or Baked Beans
- Jacket Potato with Cheese
- NEW** Peach Melba Cupcake

**Did you know?** We use whole wheat flour in our bread and pastry recipes to ensure our menus are rich in Fibre which is great for your digestion!



# Week Two

## Monday

Breaded Chicken Fillet in a Wrap, Jacket Potato Wedges, Crispy Lettuce and Coleslaw

- Option 1** Vegetable Enchilada with Steamed Rice
- Option 2 (v)** Broccoli
- Served With** Jacket Potato with Baked Beans
- Jacket Potato Option** Chewy Bar with a Melon Slice
- And for Pudding** Fresh Bread, Salad, Fruit, Milk Drink and Water are available every school day. Jacket Potatoes are served with Daily Vegetables or Salad. Please check with your school if the Jacket Potato Option is available.

## Tuesday

Mild Teriyaki Beef with Steamed Rice

- NEW** Veggie Balls in Tomato Sauce with Pasta
- Green Beans and Sweetcorn
- Jacket Potato with Cheese and Coleslaw
- 'All Time Favourite' Cornflake Tart with Custard
- NEW** Apple and Berry Slice

## Roast Wednesday

Succulent Roast Pork with Apple Sauce

- NEW** Vegemince Pasty
- Roast Potatoes, Carrots, Broccoli and Gravy
- Jacket Potato with Tuna Mayonnaise

## Thursday

Mediterranean Chicken with Pasta Twists and Garlic Bread

- Cheese and Potato Pie
- Crunchy Mixed Salad
- Jacket Potato with Cheese and Baked Beans
- Fruit Topped Cheesecake

## Fishy Friday

Crispy Fish Fillet

- Spanish Omelette
- Chips, Garden Peas or Baked Beans
- Jacket Potato with Cheese
- NEW** Marble Cake

**Week starting:** 26 Feb • 19 Mar • 23 Apr • 14 May • 11 Jun • 2 Jul • 23 Jul

# Week Three

## Monday

- Option 1** Margherita Pizza
- Option 2 (v)** Tortilla Wrap filled with BBQ Quorn
- Served With** Baby Potatoes and Crunchy Mixed Salad
- Jacket Potato Option** Jacket Potato with Baked Beans
- And for Pudding** Cocoa Shortbread with Orange Wedges

## Tuesday

- Chipolata Sausages
- Quorn Chipolatas
- Omelette, Hash Brown and Baked Beans
- Jacket Potato with Cheese and Coleslaw
- Carrot Cake

## Roast Wednesday

- Traditional Roast Beef with Yorkshire Pudding
- Vegetarian Shepherd's Pie
- Mashed Potatoes, Spring Greens, Carrots and Gravy
- Jacket Potato with Tuna Mayonnaise
- Summer Berry Eaton Mess

## Thursday

- Mild Chicken Tikka Masala with Savoury Rice and Naan Bread
- Cheesy Pasta
- Broccoli
- Jacket Potato with Cheese and Baked Beans
- Fruit Yoghurt

## Fishy Friday

- Breaded Fish Fingers or Salmon Fingers
- Garden Vegetable Goujons served with Sweet and Sour Dip
- Chips, Garden Peas or Baked Beans
- Jacket Potato with Cheese
- Apple Flapjack

Fresh Bread, Salad, Fruit, Milk Drink and Water are available every school day. Jacket Potatoes are served with Daily Vegetables or Salad. Please check with your school if the Jacket Potato Option is available.

**Week starting:** 5 Mar • 26 Mar • 30 Apr • 21 May • 18 Jun • 9 Jul

**Did you know?** The eggs used in our delicious Spanish Omelette contains lots of Protein which is essential for your muscle growth and immune system!



**Did you know?** The berries used in the Apple and Berry Slice plus the Summer Berry Eaton Mess contain lots of Vitamin C and Antioxidants!

