Let's see what's for lunch...

Meat Free Monday

Meat Free Monday is a great way to improve health and well-being by naturally increasing your vitamin and mineral intake. One day a week can make a real difference - www.schoolfoodplan.com

Main Meals Mediterrane with a Rich 1 with Hand C Mediterranean Wrap topped with a Rich Tomato & Mozzarella Sauce with Hand Cut Potato Wedges V

> Roasted Sweet Potato & Spinach Cannelloni topped with Creamy Cheddar Sauce V

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese

Main Meals

Slow Cooked Beef Masala Curry with Turmeric Infused Rice

Courgette Layered Lasagne with a Garlic Bread Shard V

Pasta with Cheese Sauce V

Main Meak

Lemon & Thyme Roasted Chicken & Stuffing with Roast Potatoes

Roasted Cherry Tomato, Egg & Broccoli Tart with Roast Potatoes V

Wholemeal Pasta with Beef Bolognese Sauce

Root Vegetables & Savoy Cabbage V

Dellert

Chocolate & Pear Sponge with Chocolate Custard V

Main Meals

Thursday

Every

Available

British Cumberland Sausages with Mashed Potato, Sage & Red Onion Gravy in a Yorkshire Pudding

Butterbean & Mushroom Stroganoff with Pearl Barley Rice V

Jacket Potato with Baked Beans or Grated Cheese V

Main Meak

Fish Fingers & Chips with Tartar Sauce

Cheddar & Onion Swirl with Chips V

Jacket Potato with Baked Beans or Grated Cheese V

Salad Bar

₱ Mexican Mixed Bean & Pasta Salad V Traditional Potato Salad V

Asian Noodle Coleslaw V

Sweet Chilli Watermelon & Mint Salad V Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V

Week 1: 29 Oct, 19 Nov, 10 Dec, 31 Dec, 21 Jan, 11 Feb, 4 Mar, 25 Mar

Vegetables

Carrots & Garden Peas V

Dessert

Spiced Apple & Honey Oaty Crumble with Custard V

Homemade Mousse V

Vegetables

Green Beans & Sweetcorn V

Dessert

Jam Sponge with Custard V

Jelly V

Vegetables

Roasted Seasonal

Homemade Mousse V

Vegetables

BBÓ Smoky Beans & Carrots V

Dessert

Cinnamon & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V

Jelly V

Vegetables

Baked Beans & Garden Peas V

Dessert

Vanilla Shortbread Biscuit V

Homemade Mousse V

Freshly Baked Bread

Pumpkin & Carrot V

Wholemeal V

Dessert

Fresh Fruit Platter V Homemade Yoghurt V

Monday Main Meals

Main Meals

Main Meals

Wednesday

Cheese & Tomato Pizza with Hand Cut Potato Wedges V

Balsamic Roasted Tomato, Basil & Pasta Bake Glazed with Mozzarella V

Jacket Potato with Baked Beans. Tuna Mayonnaise or Grated Cheese

with Chunky Tomato Salsa Salad

Pasta with Beef Bolognese Sauce

Honey Roast Glazed Gammon &

Five Bean & Barley Cassoulet

with Fresh Herb Dumplings V

Farm Assured Beef Lasagne

Mild Chilli Taco & Minted Yoghurt

with Chunky Tomato Salsa Salad V

Battered Cod & Chips with Tartar Sauce

Free Range Egg, Cheese & Vegetable Frittata

Jacket Potato with Baked Beans, Grated Cheese

■ Mediterranean Orzo Pasta & Barley Salad V

Spinach, Basil & Tomato Quinoa Salad V

Grated Carrot, Cucumber Sticks, Sweetcorn.

Jacket Potato with Baked Beans

with a Garlic Bread Shard

& Grated Cheese V

or Grated Cheese V

or Salmon Mayonnaise

Crunchy Apple & Potato Salad V

Mixed Leaf & Tomato Salad V

Red Cabbage & Pineapple Slaw V

Main Meals

with Chips V

Salad Bar

Main Meals

Mild Chilli Beef Taco & Minted Yoghurt

Chargrilled Spicy Fajitas with Mexican Rice V

Sweet Pineapple Salsa with Roast Potatoes

Wholemeal Pasta with Tomato & Basil Sauce

Veaetables

Boston Baked Beans & Sweetcorn V

Dessert

Caramelised Apple & Plum Crumble with Custard V

Homemade Mousse V

Vegetables

Green Beans & Kachumber Salad V

Dessert

Carrot Cake with Custard V

Jelly V

Vegetables

Roasted Seasonal Root Vegetables & Garden Peas V

Dessert

Marbled Chocolate Sponge with Chocolate Custard V

Homemade Mousse V

Vegetables

Carrots & Broccoli V

Dessert

Red Cherry & Apple Shortcrust Pastry Pie with Vanilla Ice Cream V

Jelly V

Vegetables Baked Beans & Garden Peas V

Dessert

Chocolate & Beetroot Brownie V

Homemade Mousse V

Freshly Baked Bread

Cheesy Oat, Courgette & Thyme V

Wholemeal V

Dessert

Fresh Fruit Platter V Homemade Yoghurt V Main Meals

Main Meals

Monday

Chargrilled Spicy Chicken Fajitas with Mexican Rice Tuesday

Vegetarian Bolognese Sauce

with Herby Spaghetti V

Linda McCartney Sausages with Mashed Potato & Caramelised Red Onion Gravy in a Yorkshire Pudding V

Red Lentil & Cheese Loaf with a Rich Tomato

Sauce & Hand Cut Potato Wedges V

Tuna Mayonnaise or Grated Cheese

Jacket Potato with Baked Beans,

Pasta with Tomato & Basil Sauce & Grated Cheese V

Main Meals

Roast Turkey, Stuffing & Bread Sauce with Roast Potatoes

Wednesday Rosemary, Feta & Pepper Quiche with Roast Potatoes V

Wholemeal Pasta with Cheese Sauce V

Main Meals Classic Homemade British Beef Burger with Hand Cut Potato Wedges

Sweet & Spiced Potato & Chickpea Keralan Curry with Lemon Infused Rice V

Jacket Potato with Baked Beans or Grated Cheese V

Main Meak

Fish Fingers & Chips with Tartar Sauce

BBQ Pulled Carrot & Bean Slider with Mozzarella Cheese V

Jacket Potato with Baked Beans or Grated Cheese V

Vegetables

Broccoli & Carrots V

Dessert

Poached Pear & Apple Crumble with Custard V

Jelly V

Vegetables

Mixed Peas & Sweetcorn V

Dessert

Sticky Toffee Pudding with Custard V

Homemade Mousse V

Vegetables

Roasted Seasonal Root Vegetables & Curly Kale V

Dessert

Warm Waffle with Chocolate Custard V

Jelly V

Vegetables

Carrots, Cauliflower & Green Beans V

Dessert

Apple & Blackcurrant Shortcrust Pastry Pie with Vanilla Ice Cream V

Homemade Mousse V

Vegetables

Baked Beans & Garden Peas V

Dessert

Baked Banana Flapjack V

Jelly V

Salad Bar

Available

Tomato & Basil Pasta Salad V

Sweet Potato & Chickpea Pesto Salad V Traditional Coleslaw V

Giant Cous Cous with Feta Cheese & Mint V

Grated Carrot, Cucumber Sticks, Sweetcorn, Mixed Leaf & Tomato Salad V

Freshly Baked Bread

Sunflower, Rosemary & Tomato V

Wholemeal V

Dessert

Fresh Fruit Platter V Homemade Yoghurt V

Week 3: 12 Nov, 3 Dec, 24 Dec, 14 Jan, 4 Feb, 25 Feb, 18 Mar

Week 2: 5 Nov, 26 Nov, 17 Dec, 7 Jan, 28 Jan, 18 Feb, 11 Mar, 1 Apr

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B - Plant based items. For more information please see back of the menu