



# School Lunch menu

## Food for Life

With this menu we continue with our achievement of Food for Life which 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. Are nut free.





## Menu Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL VEGETARIAN / JACKET POTATO PASTA DISH	Hotdog with Potato Wedges, Peas or Coleslaw	Homemade Beef Lasagne with Potatoes, Salad or Sweetcorn	Roast Chicken with Roast Potatoes, Green Beans or Carrots	Mild Beef Chilli con Carne with 50/50 White & Wholegrain Rice, Sweetcorn or Broccoli	Fish Fingers and Chips with Peas or Baked Beans
	Vegetarian Hotdog with Potato Wedges, Peas or Coleslaw	Vegetarian Lasagne with Potatoes, Salad or Sweetcorn	Cauliflower Broccoli Cheese Bake with Roast Potatoes, Green Beans or Carrots	Vegetable Enchillada, with 50/50 White & Wholegrain Rice, Sweetcorn or Broccoli	Cheese & Tomato Pizza with Peas or Baked Beans
	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans and Cheese	Fresh Pasta served with Tomato and Vegetable Sauce	Fresh Pasta served with Tomato and Vegetable Sauce	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans and Cheese	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans and Cheese
OPTIONAL COLD DELI	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise
DESSERTS	Lemon Sponge served with Custard or Yoghurt and Fresh Pineapple	Shortbread Finger with Fruit Wedges or Yoghurt and Fresh Watermelon	Iced Chocolate Sponge or Yoghurt and Peaches	Apple Flapjack Crumble & Custard or Yoghurt and Green Grapes	Fresh Fruit or Yoghurt and Oranges

### AVAILABLE DAILY:

Choice Of Freshly Baked Flavoured or Wholemeal Bread, Fresh Salad Bar, Water, Seasonal Fresh Vegetables, Seasonal Fresh Fruit, Fruit Yoghurt and Fruit Jelly.

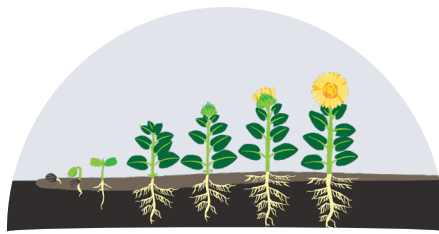


## Menu Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL VEGETARIAN JACKET POTATO / PASTA DISH	Beef Burger in a Bun with 1/2 Jacket Potato, Salad or Coleslaw	BBQ Chicken & Rice with Peas or Broccoli	Roast Turkey with Roast Potatoes, Carrots or Green Beans	Chicken Wrap with Potato Wedges, Sweetcorn or Salad	Fish Fingers or Salmon Fish Fingers with Chips & Peas or Baked Beans
	Cheese & Tomato Pinwheel with 1/2 Jacket Potato, Salad or Coleslaw	Vegetable Biryani & Rice with Peas or Broccoli	Best of British Vegetarian Sausages with Roast Potatoes, Carrots or Green Beans	Margherita Pizza with Potato Wedges, Sweetcorn or Salad	BBQ Vegetable and Bean Wrap with Chips & Peas or Baked Beans
	Fresh Pasta served with Tomato and Vegetable Sauce	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans and Cheese	Fresh Pasta served with Tomato and Vegetable Sauce	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans and Cheese	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans and Cheese
OPTIONAL COLD DELI	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise
	Jam Sponge served with Custard or Yoghurt and Fresh Pineapple	Mini Sultana Oat Cookie with Fruit Slices or Yoghurt and Peaches	Pineapple Upside Down Cake with Custard or Yoghurt and Honeydew Melon	Chocolate Brownie or Yoghurt and Green Grapes	Fresh Fruit or Yoghurt and Oranges

### AVAILABLE DAILY:

Choice Of Freshly Baked Flavoured or Wholemeal Bread, Fresh Salad Bar, Water, Seasonal Fresh Vegetables, Seasonal Fresh Fruit, Fruit Yoghurt and Fruit Jelly.



## Menu Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL VEGETARIAN / JACKET POTATO PASTA DISH	Ham Pizza with 1/2 Jacket Potato, Salad or Coleslaw	Mexican Chicken and Rice with Peas or Broccoli	Toad in the Hole with Mashed Potato and Carrots or Green Beans	Spaghetti Bolognaise with Wholemeal Pasta, French Bread and Sweetcorn or Broccoli	Fish Fingers with Chips, Peas or Baked Beans
	Falafel Burger in a Bun 1/2 Jacket Potato, Salad or Coleslaw	Macaroni Cheese with Peas or Broccoli	Vegetarian Mince Cobbler with Mashed Potato and Carrots or Green Beans	Vegetarian Chilli with Wholemeal Pasta, French Bread and Sweetcorn or Broccoli	Vegetable Fingers with Chips, Peas or Baked Beans
	Fresh Pasta served with Tomato and Vegetable Sauce	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans and Cheese	Fresh Pasta served with Tomato and Vegetable Sauce	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans and Cheese	Fresh Pasta served with Tomato and Vegetable Sauce
OPTIONAL COLD DELI	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise	Choice of Bagel, Baguette, Bap, Sandwich or Wrap. Filled with either Cheese, Ham, Tuna or Egg Mayonnaise
DESSERTS	Shortbread or Yoghurt and Green Grapes	Chocolate Sponge with Custard or Yoghurt and Fresh Watermelon	Banana Traybake or Yoghurt and Peaches	Chocolate Cookie or Yoghurt and Fresh Pineapple	Fresh Fruit or Yoghurt and Oranges

### AVAILABLE DAILY:

Choice Of Freshly Baked Flavoured or Wholemeal Bread, Fresh Salad Bar, Water, Seasonal Fresh Vegetables, Seasonal Fresh Fruit, Fruit Yoghurt and Fruit Jelly.