



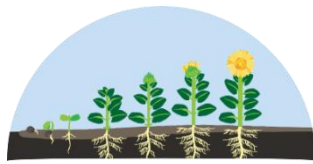
### Week One Menu – w/c 06/11/23, 27/11/23, 18/12/23, 08/01/24, 29/01/24

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pork Sausages Served with Mash Potato, Peas & Gravy	Beef Lasagne & Garlic bread	Roast Chicken Served with Roast Potatoes, Green Beans, Carrots & Gravy	Beef Chilli Con Carne Served with Fluffy Rice	Fish Fingers Served with Chips Beans or Peas
Vegetarian	Vegan Quorn Sausage Served with Mash Potato, Peas & Gravy	Vegetarian Mince Lasagne & Garlic bread	Cauliflower and Broccoli Bake with Roast Potatoes, Green Beans, Carrots & Gravy	Vegetarian Mince Chilli Served with Fluffy Rice	Vegetarian fingers Chips Beans or Peas
Jacket Potato/Pasta	Tuna Mayonnaise/ Cheese/ Baked Beans	Tomato Pasta	Tuna Mayonnaise/ Cheese/ Baked Beans	Tomato Pasta	Tuna Mayonnaise/ Cheese/ Baked Beans
Deil Bar	Fresh Salad, Fruit and Bread is available daily.				
Side Dish	Peas and Carrots	Sweetcorn and Peas	Green beans and Carrots	Sweetcorn and Broccoli	Beans and Peas
Sandwich	Ham or Cheese	Ham or Egg Mayo	Cheese or Tuna Mayo	Ham or Cheese	Cheese or Tuna
Dessert	Sponge and Custard	Chocolate Shortbread	Iced Chocolate /Sponge	Apple Crumble & Custard	Fresh Fruit Friday & Jelly



### Week Two Menu – w/c 13/11/23, 04/1/2/23, 15/01/24, 05/02/24

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beef Burger served with Wedges	BBQ Chicken served with Fluffy Rice, Peas and Broccoli	Roast Chicken Served with Roast Potatoes, Green Beans, Carrots & Gravy	Ham Pizza Potato Wedges and Sweetcorn	Fish Fingers, Chips, Beans or Peas
Vegetarian	Tomato and Pizza Cheese Pinwheel served with Wedges	Vegetable Curry served with Fluffy Rice, Peas and Broccoli	Roast Quorn Sausage with Roast Potatoes, Green Beans, Carrots & Gravy	Cheese and Tomato Pizza served with Potato Wedges and Sweetcorn	Veggie Sausage Roll Chips, Beans or Peas
Jacket Potato/Pasta	Tuna Mayonnaise/ Cheese/ Baked Beans	Tomato Pasta	Tuna Mayonnaise/ Cheese/ Baked Beans	Tomato Pasta	Tuna Mayonnaise/ Cheese/ Baked Beans
Deil Bar	Fresh Salad, Fruit and Bread is available daily.				
Side Dish	Potato Wedges & sweetcorn	Peas and Broccoli	Green Beans and Carrots	Potato Wedges and Sweetcorn	Beans and Peas
Sandwich	Ham or Cheese	Ham or Egg Mayo	Cheese or Tuna Mayo	Ham or Cheese Sandwich	Cheese or Tuna
Dessert	Jam Sponge	Oat Cookie	Shortbread	Chocolate Cookie	Fresh Fruity Friday & Jelly



### Week Three Menu – w/c 20/11/23, 11/12/23, 01/01/24, 22/01/24

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sausages served with Mash, Beans or Veggies and Gravy	Savoury Chicken and Fluffy Rice Served with Broccoli and Peas	Toad in the Hole with Mash Potatoes Green Beans, Carrots & Gravy	Pasta Bolognese Broccoli and Sweetcorn	Fish Fingers served with Chips Beans or Peas
Vegetarian	Quorn Sausages served with Mash Potato, Beans or Veg and Gravy	Macaroni Cheese and Garlic Bread Served with Broccoli and Peas	Veggie Sausage Toad in the hole with Mash Potatoes Green Beans, Carrots & Gravy	Vegetarian Mince Bolognese Broccoli and Sweetcorn	Cheese and Bean Puff Served with Chips Beans or Peas
Jacket Potato/Pasta	Tuna Mayonnaise/ Cheese/ Baked Beans	Tomato Pasta	Tuna Mayonnaise/ Cheese/ Baked Beans	Tomato Pasta	Tuna Mayonnaise/ Cheese/ Baked Beans
Deli /Bar	Fresh Salad, Fruit and Bread is available daily.				
Side Dish	Mash Potato, carrots and peas	Broccoli and Peas	Carrots & Green Beans	Sweetcorn & Broccoli	Peas & Baked Beans
Sandwich	Ham or Cheese	Ham or Egg Mayo	Cheese or Tuna	Ham or Cheese	Cheese or Tuna
Dessert	Shortbread	Sponge and Custard	Chocolate Flapjack	Chocolate Cookies	Fresh Fruit Friday & Jelly



## School Lunch menu

### Food for Life

With this menu we continue with our achievement of Food for Life Bronze

Food for Life Bronze 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

School meals do not include fish on the Marine Conservation Society 'Fish to Avoid' list. Only contain British HMC certified assured meat and nut free.-+.

