

## Week One Menu – w/c 19/02/24, 11/03/24, 22/04/24, 13/05/24

|               |            | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---------------|------------|---|--|--|--|---|
|               | Main Meal  | Pork Sausages<br>Served with<br>Mash Potato,<br>Peas & Gravy          | Beef Lasagne<br>& Herby<br>potatoes                | Roast Chicken<br>Served with<br>Roast Potatoes,<br>Green Beans,<br>Carrots & Gravy             | Beef Chilli Con<br>Carne<br>Served with<br>Fluffy Rice   | Fish<br>Fingers<br>Served<br>with Chips<br>Beans or<br>Peas |
|               | Vegetarian | Vegan Quorn<br>Sausage Served<br>with Mash<br>Potato, Peas &<br>Gravy | Vegetarian<br>Mince Lasagne<br>& Herby<br>potatoes | Cauliflower and<br>Broccoli Bake<br>with Roast<br>Potatoes, Green<br>Beans, Carrots &<br>Gravy | Vegetarian Mince<br>Chilli<br>Served with<br>Fluffy Rice | Vegetarian<br>fingers<br>Chips<br>Beans or<br>Peas          |
| Datata /Dasta | Jacket     | Tomato Pasta  | Tuna<br>Mayonnaise/<br>Cheese/ Baked<br>Beans      | Tomato Pasta   | Tuna<br>Mayonnaise/<br>Cheese/ Baked<br>Beans            | Tomato<br>Pasta   |
|               | Deli Bar   | Fresh Salad, Fruit and Bread is available daily.                      |  |  |  |   |
|               | SidDish    | Peas & Carrots  | Sweetcorn &<br>Peas                                | Green beans &<br>Carrots   | Sweetcorn &<br>Broccoli                                  | Beans or<br>Peas  |
|               | Sandwich   | Ham or Cheese<br>Sandwich   | Ham or Egg<br>Mayo Wrap                            | Cheese or Tuna<br>Mayo Sandwich  | Ham or Cheese<br>Wrap                                    | Cheese or<br>Tuna<br>Sandwich                               |

| Dessert | Sponge and<br>Custard<br>& Fruit | Chocolate<br>Shortbread &<br>Fruit | Iced Chocolate<br>Sponge & Fruit | Apple Crumble &<br>Custard & Fruit | Fresh Fruit<br>Friday &<br>Jelly |
|---------|----------------------------------|------------------------------------|----------------------------------|------------------------------------|----------------------------------|
|---------|----------------------------------|------------------------------------|----------------------------------|------------------------------------|----------------------------------|



### Week Two Menu – W/C 26/2/24, 18/03/24, 08/04/24, 29/04/24, 20/05/24

|               | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |  |
|---------------|---|---|---|---|---|--|
| Main Meal     | Beef Burger<br>served with<br>Wedges                | BBQ Chicken<br>served with<br>Fluffy Rice, Peas<br>and Broccoli     | Roast Chicken<br>Served with<br>Mash Potatoes,<br>Green Beans,<br>Carrots & Gravy | Ham Pizza<br>Potato Wedges<br>and Sweetcorn                                 | Fish Fingers,<br>Chips, Beans or<br>Peas          |  |
| Vegetarian    | Tomato and Pizza Cheese Pinwheel served with Wedges | Vegetable Curry<br>served with<br>Fluffy Rice, Peas<br>and Broccoli | Roast Quorn<br>Sausage with<br>Mash Potatoes,<br>Green Beans,<br>Carrots & Gravy  | Cheese and<br>Tomato Pizza<br>served with<br>Potato Wedges<br>and Sweetcorn | Veggie Sausage<br>Roll<br>Chips, Beans or<br>Peas |  |
| Jacket Potato | Tomato Pasta  | Tuna<br>Mayonnaise/<br>Cheese/ Baked<br>Beans                       | Tomato Pasta  | Tuna<br>Mayonnaise/<br>Cheese/ Baked<br>Beans                               | Tomato Pasta                                      |  |
| Deli Bar      | Fresh Salad, Fruit and Bread is available daily.    |   |   |   |   |  |
| Side<br>Dish  | Green beans,<br>Sweetcorn or<br>Beans               | Broccoli & peas   | Green Beans &<br>Carrots  | Peas,<br>Sweetcorn or<br>Beans  | Beans or Peas                                     |  |
| Sandwich      | Ham or Cheese<br>Sandwich                           | Ham or Egg<br>Mayo Wrap   | Cheese or Tuna<br>Mayo Sandwich   | Ham or Cheese<br>Wrap   | Cheese or Tuna<br>Sandwich                        |  |



## Week Three Menu - 04/03/24, 15/04/24,06/05/24, 27/05/24

|               | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|---------------|--|---|---|---|--|
| Main Meal     | Sausages served<br>with Mash,<br>Beans or Veggies<br>and Gravy             | Savoury Chicken<br>and Fluffy Rice<br>Served with<br>Broccoli and<br>Peas | Roast Chicken<br>with Roast<br>Potatoes Green<br>Beans, Carrots<br>&<br>Gravy | Pasta Bolognese<br>Broccoli and<br>Sweetcorn                  | Fish Fingers<br>served with<br>Chips Beans or<br>Peas            |
| Vegetarian    | Quorn Sausages<br>served with<br>Mash Potato,<br>Beans or Veg<br>and Gravy | Macaroni<br>Cheese Served<br>with Broccoli<br>and Peas                    | Quorn Fillet<br>with Roast<br>Potatoes Green<br>Beans, Carrots<br>&<br>Gravy  | Vegetarian<br>Mince<br>Bolognese<br>Broccoli and<br>Sweetcorn | Cheese and<br>Bean Puff<br>Served with<br>Chips Beans or<br>Peas |
| Jacket Potato | Tomato Pasta   | Tuna<br>Mayonnaise/<br>Cheese/ Baked<br>Beans                             | Tomato pasta  | Tuna<br>Mayonnaise/<br>Cheese/ Baked<br>Beans                 | Tomato Pasta   |
| Deli Bar      | Fresh Salad, Fruit and Bread is available daily.                           |   |   |   |  |
| Side<br>Dish  | Carrots & peas   | Sweetcorn &<br>Peas   | Carrots & Green<br>Beans  | Sweetcorn &<br>Broccoli                                       | Peas or Baked<br>Beans   |
| Sandwich      | Ham or Cheese<br>Sandwich  | Ham or Egg<br>Mayo Wrap   | Cheese or Tuna<br>Sandwich  | Ham or Cheese<br>Wrap   | Cheese or Tuna<br>Sandwich                                       |
| Dessert       | Shortbread<br>& Fruit  | Sponge and<br>Custard & Fruit   | Chocolate<br>Flapjack<br>& Fruit  | Chocolate<br>Cookie & Fruit                                   | Fresh Fruit<br>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

### 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.



