

# OVER 80% OF OUR DISHES ARE FRESHLY PREPARED FROM UNPROCESSED INGREDIENTS

Colours in the left column represent the band colour your child should choose for the meal that day

WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEKS STARTING:</b> 8 Jan : 29 Jan : 19 Feb : 12 Mar : 2 Apr : 23 Apr : 14 May : 4 Jun : 25 Jun : 16 Jul : 6 Aug : 27 Aug : 17 Sep : 8 Oct	<b>DISH OF THE DAY 1</b>	Beef Burger in a Bun with Jacket Wedges and Tomato Sauce	Beef Spaghetti Bolognaise with Homemade Garlic Bread	Bacon Loin with Stuffing, New Potatoes and Gravy	Chicken & Sweetcorn Pie with Mashed Potatoes	Fish Fingers with Chips and Tomato Sauce
	<b>DISH OF THE DAY 2</b>	(v) Quorn Burger in a Bun with Jacket Wedges and Tomato Sauce	(v) Macaroni Cheese with Homemade Garlic Bread	(v) Quorn Roast with Stuffing, New Potatoes and Gravy	(v) Cheese Flan with Jacket Wedges and Tomato Sauce	(v) Tortilla Layer with Chips and Tomato Sauce
	<b>OVEN BAKED JACKET POTATO</b>	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo
	<b>SANDWICH OPTION</b>	Tuna Wrap	(v) Cheese Sandwich	Hot Roast Baguette	(v) Cheese Sandwich	(v) Cheese Sandwich
	<b>VEGETABLES</b>	Peas & Sweetcorn	Green Beans & Carrots	Cabbage & Mixed Vegetables	Broccoli & Sweetcorn	Peas & Baked Beans
	<b>DESSERTS</b>	(v) Jam Shortbread with Custard	(v) Fruit Sponge with Toffee Sauce	(v) Treacle Syrup Sponge with Custard	(v) Pears with Ice Cream and Chocolate Sauce	(v) Chocolate Muffin

WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEKS STARTING:</b> 15 Jan : 5 Feb : 26 Feb : 19 Mar : 9 Apr : 30 Apr : 21 May : 11 Jun : 2 Jul : 23 Jul : 13 Aug : 3 Sep : 24 Sep : 15 Oct	<b>DISH OF THE DAY 1</b>	Bacon and Tomato Pasta	Sausages with Mashed Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Chilli Con Carne with Wholegrain Rice	Fish with Chips and Tomato Sauce
	<b>DISH OF THE DAY 2</b>	(v) Homemade Cheese & Tomato Pizza with Half Jacket Potato	(v) Quorn Sausage with Mashed Potatoes and Gravy	(v) Quorn Roast with Stuffing, Roast Potatoes and Gravy	(v) Cool Mexican Bean Wrap with Wholegrain Rice	(v) Bean Bake with Chips and Tomato Sauce
	<b>OVEN BAKED JACKET POTATO</b>	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo
	<b>SANDWICH OPTION</b>	Tuna Wrap	Ham Sandwich	Hot Roast Baguette	(v) Cheese Sandwich	Fish Finger Wrap
	<b>VEGETABLES</b>	Carrots & Sweetcorn	Cauliflower & Green Beans	Peas & Carrots	Green Beans & Sweetcorn	Peas & Baked Beans
	<b>DESSERTS</b>	(v) Cornflake Tart with Custard	(v) Chocolate Pinwheel Shortbread with Chocolate Sauce	(v) Jelly with Mandarins	(v) Marble Cake with Custard	(v) Chocolate Oaty Bites with Apple Wedges

WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEKS STARTING:</b> 22 Jan : 12 Feb : 5 Mar : 26 Mar : 16 Apr : 7 May : 28 May : 18 Jun : 9 Jul : 30 Jul : 20 Aug : 10 Sep : 1 Oct : 22 Oct	<b>DISH OF THE DAY 1</b>	Salmon Sub Melt with Half Jacket Potato	Beef Meatballs in Tomato Sauce with Wholegrain Rice	Roast Chicken with Yorkshire Pudding, New Potatoes and Gravy	Beef Lasagne with Homemade Garlic Bread	Fish Fingers with Chips and Tomato Sauce
	<b>DISH OF THE DAY 2</b>	(v) Homemade Cheese & Tomato Pizza with Half Jacket Potato	(v) Beandillas with Savoury Rice	(v) Quorn Roast with Yorkshire Pudding, New Potatoes and Gravy	(v) Roasted Vegetable Lasagne with Homemade Garlic Bread	(v) Bean Bake with Chips and Tomato Sauce
	<b>OVEN BAKED JACKET POTATO</b>	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo
	<b>SANDWICH OPTION</b>	Tuna Wrap	(v) Cheese Sandwich	Hot Roast Baguette	Tuna Mayo Sandwich	Ham Sandwich
	<b>VEGETABLES</b>	Baked Beans & Sweetcorn	Broccoli & Carrots	Cauliflower & Green Beans	Mixed Vegetables & Peas	Peas & Baked Beans
	<b>DESSERTS</b>	(v) Ginger Shortbread with Custard	(v) Iced Carrot Cake and Orange Wedge	(v) Flapjack Finger with Ice Cream	(v) Jelly with Peaches	(v) Chocolate Fudge Cake

Yoghurt and fruit, including fresh, dried and tinned in juice, will also be available each day as an alternative to dessert.

A selection of breads, salads and fresh drinking water will be available daily.

Please note that menus may be subject to change in the event of any circumstance that unavoidably disrupts the School Meals Service.