

Menu

Autumn term
Week 1

ALL OUR PRODUCTS ARE HALAL

	Meat Free MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat	<u>Vegetable Burger</u> Selection Of vegetables in crispy crumb coating and oven baked. Served on a bun topped with salad with mini potato waffles.	<u>Roasted Chicken Drumstick</u> Oven roasted chicken drumstick. Served with creamy mash potato & sweetcorn.	<u>Roast Beef</u> Topside beef hand carved. Served with roast potato, broccoli & cauliflower, Yorkshire pudding & gravy.	<u>Chicken Wraps</u> Selection Marinated chicken in a soft tortilla wrap with crispy salad. Served with hash brown rounds.	<u>Battered Fish</u> Battered fish portion oven baked. Served with chips & baked beans.
Vegetarian	<u>Quorn Burger</u> Quorn Burger oven baked. Served on a bun topped with salad with mini potato waffles.	<u>Cheese & Pepper Roll</u> Potato infused with bell peppers & cheddar cheese, encased in puff pastry and oven baked. Served with creamy mash potato & sweetcorn.	<u>Four Cheese Quiche</u> Shortcrust pastry filled with egg custard, cheese, emmental, mozzarella & soft cheese. Served with roast potato, broccoli & cauliflower.	<u>Vegetable Lasagne</u> Selection of vegetables in a rich tomato sauce between pasta layers topped with a creamy béchamel sauce & cheddar cheese. Served with fresh salad & hash brown rounds.	<u>Cheese & Tomato Pizza</u> Thin & crispy base with hidden vegetable tomato sauce and topped with mozzarella cheese. Served with chips & baked beans.
Jacket Potato Bar	Cheese, Tuna Coleslaw	Cheese, Tuna Coleslaw	Cheese, Tuna Coleslaw	Cheese, Tuna Coleslaw	Cheese, Tuna Coleslaw
Sandwiches	Tuna, Cheese or Egg mayonnaise	Tuna, Cheese or Egg mayonnaise	Tuna, Cheese or Egg mayonnaise	Tuna, Cheese or Egg mayonnaise	Tuna, Cheese or Egg mayonnaise
Desserts	<u>Strawberry & Vanilla Mousse</u> Strawberry & Vanilla flavoured dessert lightly whipped with fresh semi skimmed milk.	<u>Banana Cake</u> Fresh bananas in a light sponge Served with custard made with fresh semi skimmed milk.	<u>Concrete Cake</u> Traditional school dessert. Served with custard made with fresh semi skimmed milk.	<u>Cherry & Chocolate Cake</u> Cherries in a rich chocolate sponge Served with custard made with fresh semi skimmed milk.	<u>Chocolate Muffin</u> Mini-chocolate cake muffin with dark chocolate chips.
Available Daily	Mixed Salad Bar Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Whole Fruit Selection Bread Basket Selection Milk/water	Mixed Salad Bar Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Whole Fruit Selection Bread Basket Selection Milk/water	Mixed Salad Bar Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Whole Fruit Selection Bread Basket Selection Milk/water	Mixed Salad Bar Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Whole Fruit Selection Bread Basket Selection Milk/water	Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Whole Fruit Selection Bread Basket Selection Milk/water



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Autumn term Week 2	Meat Free MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat	<u>Vegetarian Bolognese</u> Minced Quorn & vegetables cooked in a rich tomato garlic & herb sauce. Served with pasta twirls	<u>Beef Lasagne</u> Lean minced beef in a rich tomato sauce between pasta layers topped with a creamy béchamel sauce & cheddar cheese. Served with fresh salad.	<u>Roast Lamb</u> Slowly roasted lamb Served with creamy mash, baby carrots & gravy.	<u>Beef Burger</u> Lean mince infused with onions & mixed herbs, and oven baked. Served on a bun topped with salad. Served with herby dice potatoes.	<u>Fish Finger Wrap</u> Fish wrapped in bread crumbs in a soft tortilla wrap with crispy salad. Served with chips & baked beans.
Vegetarian	<u>Cheese & Leek Potato Pie</u> Mash potato infused with leeks and cheddar cheese and baked in the oven. Served with corn cobbette.	<u>Quorn Meatballs</u> Quorn Swedish style meatballs cooked in a tomato & basil sauce. Served on a bed of spaghetti.	<u>Vegetable Pie</u> Selection of winter vegetables in a rich gravy topped with puff pastry .Served with creamy mash, baby carrots & gravy.	<u>Macaroni Cheese</u> Macaroni topped with a creamy cheese sauce and baked in the oven until golden brown	<u>Cheese & Tomato Pizza</u> Thin & crispy base with hidden vegetable tomato sauce and topped with mozzarella cheese. Served with chips & baked beans.
Jacket Potato Bar	Cheese, Tuna Coleslaw	Cheese, Tuna Coleslaw	Cheese, Tuna Coleslaw	Cheese, Tuna Coleslaw	Cheese, Tuna Coleslaw
Sandwiches	Tuna, Cheese or Egg mayonnaise	Tuna, Cheese or Egg mayonnaise	Tuna, Cheese or Egg mayonnaise	Tuna, Cheese or Egg mayonnaise	Tuna, Cheese or Egg mayonnaise
Desserts	<u>Vanilla Ice Cream</u> Low fat vanilla flavoured ice-cream. Served with strawberry sauce & Rainbow sprinkles.	<u>Lemon Drizzle Cake</u> Light & moist vanilla sponge topped with a zesty lemon drizzle. Served with custard made with fresh semi skimmed milk.	<u>Chocolate & Banana Cake</u> Chocolate & fresh bananas in a moist sponge. Served with custard made with fresh semi skimmed milk.	<u>Vanilla Sponge</u> Low fat vanilla sponge. Served with custard made with fresh semi skimmed milk.	<u>Chocolate Cookie</u> A Butter enriched vanilla flavor cookie with chunks of dark & milk chocolate.
Available Daily	Mixed Salad Bar Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Whole Fruit Selection Bread Basket Selection Milk/water	Mixed Salad Bar Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Whole Fruit Selection Bread Basket Selection Milk/water	Mixed Salad Bar Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Whole Fruit Selection Bread Basket Selection Milk/water	Mixed Salad Bar Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Whole Fruit Selection Bread Basket Selection Milk/water	Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Whole Fruit Selection Bread Basket Selection Milk/water



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Autumn term Week 3	Meat Free MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Vegetarian	<u>Quorn Dog</u> Quorn sausage in a soft bun topped with onions. Served with dice potatoes & corn cobbette. <u>Vegebanger</u> Vegetable sausage in a soft bun topped with onions. Served with dice potatoes & corn cobbette.	<u>Beef Balti</u> Diced beef cooked in a mild rich curry sauce. Served with basmati rice & chapatti and raita salad. <u>Vegetable Samosa</u> Mildly spiced vegetables wrapped in filo pastry & oven baked. Served with basmati rice & chapatti and raita salad.	<u>Roast Chicken</u> Oven baked chicken. Served with steamed new potatoes, fresh broccoli & gravy. <u>Roast Quorn</u> Oven baked Quorn. Served with steamed new potatoes, fresh broccoli & gravy.	<u>Beef Bolognese</u> Minced beef cooked in a rich tomato garlic & herb sauce. Served on a bed of whole wheat spaghetti. <u>Tomato & Basil Pasta</u> Pasta fusilli in a homemade rich tomato & basil sauce. Served with garlic bread & salad.	<u>Fish Cake</u> Flakes of poached salmon mixed with mash potato coated in wholemeal bread crumb & oven baked. Served with chips & baked beans. <u>Cheese & Tomato Pizza</u> Thin & crispy base with hidden vegetable tomato sauce and topped with mozzarella cheese. Served with Chips & baked beans.
Jacket Potato Bar	Cheese, Tuna Coleslaw	Cheese, Tuna Coleslaw	Cheese, Tuna Coleslaw	Cheese, Tuna Coleslaw	Cheese, Tuna Coleslaw
Sandwiches	Tuna, Cheese or Egg mayonnaise	Tuna, Cheese or Egg mayonnaise	Tuna, Cheese or Egg mayonnaise	Tuna, Cheese or Egg mayonnaise	Tuna, Cheese or Egg mayonnaise
Desserts	<u>Vanilla & Chocolate Mousse</u> Chocolate & Vanilla flavoured dessert lightly whipped with fresh semi skimmed milk.	<u>Rainbow cake</u> Low fat vanilla sponge with an iced top with rainbow sprinkles. Served with custard made with fresh semi skimmed milk.	<u>Chocolate Sponge</u> Low fat chocolate sponge. Served with custard made from fresh semi skimmed milk.	<u>Apple Crumble</u> Sweet juicy Apples with golden crumble topping and oven baked. Served with custard made from fresh semi skimmed milk.	<u>Blueberry Muffin</u> Mini plain cake muffin with blueberry pieces.
Available Daily	Mixed Salad Bar Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Bread Basket Selection Milk/water	Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Whole Fruit Selection Bread Basket Selection Milk/water	Mixed Salad Bar Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Bread Basket Selection Milk/water	Mixed Salad Bar Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Bread Basket Selection Milk/water	Low Fat Fruit Yogurt Fresh Fruit Salad Cheese & Biscuits Whole Fruit Selection Bread Basket Selection Milk/water



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Allergy Children Only

This Menu Contains NO  Nuts  Fish  crustaceans  molluscs  wheat  Eggs  Milk	Week 1 Autumn term	Meat Free MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Main Course	Vegan Cheese & Beans Jacket Potato Mixed Salad	Roast Chicken Drumstick Mash ,Sweetcorn	Roast Beef Roast Potato Broccoli /cauliflower gravy	Chicken Wrap Hash Brown Mixed salad	Vegan Cheese & Tomato Pizza Chips
	Desserts	Chocolate Dessert	Strawberry Jelly	Raspberry slice Custard	Mixed Fruit Bag	Vanilla ice cream
	Week 2 Autumn term	Meat Free MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Main Course	Vegan Cheese & Beans Jacket Potato Mixed Salad	Chicken Thigh Potato Wedges Mixed Salad Orange Jelly	Roast Lamb Mash Potato Baby Carrots, gravy Caramel rice squares Custard	Tomato & Basil Pasta Mixed salad Vanilla ice cream	Vegan Cheese & Tomato Pizza Chips Mixed Fruit Bag
	Desserts	Chocolate Dessert	Mandarin pieces			
	Week 3 Autumn term	Meat Free MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Main Course	Vegan Cheese & Beans Jacket Potato Mixed Salad	Beef Balti Basmati Rice Raita Salad	Roast Chicken New Potatoes Broccoli , gravy	Beef Bolognaise Spaghetti Mixed Salad	Vegan Cheese & Tomato Pizza Chips
	Desserts	Mixed Fruit Bag	Raspberry Jelly Topped with fresh Fruit	Rocky Road Custard	Mixed Fruit Yogurts	Vanilla Dessert

