

September / October 2019- MENU

	Week 1 w/c 2nd September	Week 2 w/c 9th September	Week 3 w/c 16th September	Week 4 w/c 23th September	Week 5 w/c 30th September	Week 6 w/c 7th October	Week 7 w/c 14th October
Monday							
<i>Main</i>	INSET DAY	Oven Baked Sausages	Macaroni Cheese with Bacon Bits	Sausage Rolls	Pasta and home made, rich in veg tomato sauce.	Chicken Burger	Oven Baked Sausages
<i>Vegetarian</i>		Vegetable Sausages	Macaroni Cheese	Vegetable Sausages		Vegi Nuggets	Quorn Sausages
<i>Sides</i>		Wedges and Hoops	Bread and Vegetables	Wedges and Hoops	Salad and Garlic Bread	Wedges and Hoops	Wedges and Hoops
<i>Dessert</i>		Angel Delight	Strawberry Mousse	Angel Delight	Strawberry Mousse	Angel Delight	Angel Delight
Tuesday							
<i>Main</i>	Chicken Breast Nuggets	Chicken Korma	Big Breakfast	Pasta Bolognese	Chicken Tikka Masala	Pasta and Meatballs in Tomato Sauce	Jacket Potato Day Choice of toppings
<i>Vegetaria</i>	Vegi Nuggets	Vegetable Korma	Vegi Big Breakfast	Quorn Bolognese	Vegetable Tikka Masala	Pasta and Quorn in Tomato Sauce	
<i>Sides</i>	Wedges and Hoops	Rice and Naan Bread	Scrambled eggs,Hash browns and Beans	Bread and Salad	Basmati Rice and Naan Bread	Bread and Salad	Salad
<i>Dessert</i>	Fruit Salad	Fruit Cake	Fruit Cake	Fruit Cake	Fruit Cake	Fruit Cake	Fruit Cake
Wednesday							
<i>Main</i>	Roast Ham	Roast Beef	Roast Pork	Roast Chicken	Roast Ham	Roast Pork	Roast Beef
<i>Vegetarian</i>	Vegi Burger or Nut Roast	Vegi Burger or Nut Roast	Vegi Burger or Nut Roast	Vegi Burger or Nut Roast	Vegi Burger or Nut Roast	Vegi Burger or Nut Roast	Vegi Burger or Nut Roast
<i>Sides</i>	Roast Potatoes and Yorkshire Pudding	Roast Potatoes and Yorkshire Pudding	Roast Potatoes and Yorkshire Pudding	Roast Potatoes and Yorkshire Pudding	Roast Potatoes and Yorkshire Pudding	Roast Potatoes and Yorkshire Pudding	Roast Potatoes and Yorkshire Pudding
<i>Dessert</i>	Jelly & Ice cream	Jelly & Ice cream	Jelly & Ice cream	Jelly & Ice cream	Jelly & Ice cream	Jelly & Ice cream	Jelly & Ice cream
Thursday							
<i>Main</i>	Pork Meatballs in Sweet and Sour Sauce	Pizza with Ham and Cheese	King Ina Fried Chicken	Shepherds Pie	Butchers Burger in a Bun	Big Breakfast	Chicken Korma
<i>Vegetarian</i>	Sweet and Sour Quorn	Pizza with Cheese	Vegi Nuggets	Quorn Shepherds Pie	Vegi Burger in a Bun	Vegi Big Breakfast	Vegetable Korma
<i>Sides</i>	Vegetable Rice	Salad and Beans	Curly Fries, Salad, Coleslaw and Beans	Seasonal Veg	Salad and Beans	Scrambled eggs,Hash browns and Beans	Rice and Naan Bread
<i>Dessert</i>	Natural Yoghurt with Fruit Purée	Fruit Sorbet	Fruit Salad	Fruit Sorbet	Fruit Salad	Fruit Sorbet	Fruit Salad
Friday							
<i>Main</i>	Cod Fillet Fish Fingers	Battered White Fish	Oven Poached Salmon	Fish Cakes	Cod Fillet Fish Fingers	Battered White Fish	Oven Poached Salmon
<i>Vegetarian</i>	Vegi Pasta Bake	Vegi Pasta Bake	Vegi Pasta Bake	Vegi Nuggets	Vegi Pasta Bake	Vegi Pasta Bake	Vegi Pasta Bake
<i>Sides</i>	Skinny Fries and Beans	Potatoes and Seasonal Vegetables	New Potatoes,Seasonal Veg	Skinny Fries and Beans	Curly Fries and Seasonal Vegetables	Skinny Fries and Seasonal Veg	New Potatoes,Seasonal Veg
<i>Dessert</i>	Cookie and Milk	Fruit Muffins and Milk	Cookie and Milk	Fruit Muffins and Milk	Cookie and Milk	Fruit Muffins and Milk	Cookie and Milk

All orders must be placed and paid for by the Wednesday of the week before you require them using ParentPay, our online system.

All Junior lunches cost £2.55 per day and Infant lunches are Free under the government scheme.

All main meals are served with fresh, seasonal vegetables unless otherwise stated

Please note that although every effort has been made to remove bones from fish options, we cannot guarantee that the fish has no bones.

On days when pasta and rice are served, this will be a mixture of plain and wholemeal pasta, or white and brown rice.

Our Natural Low Fat Yogurt is sweetened with honey.

Fruit and Yogurt are available daily as alternative dessert options.

Allergen Advice – as stated on previous information sheet – for more info please contact the school office.

Please note that all meals are subject to availability and may be changed at short notice.