**Our Menu Week 1
(04/11,25/11,16/12)**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meaty Mains** | **Italian turkey meatballs with wholewheat pasta in a herby tomato sauce with hidden veg** | **Herby chicken & winter veg traybake with roasted new potatoes** | **Lasagne with hidden veg and lentils** | **Roast pork, roast potatoes, seasonal vegetables & real gravy** | **Homemade salmon and dill fishcakes with oven baked potato wedges** |
| **Herbivores** | **Cheesy mixed veg risotto** | **Cheese & potato pie with beans** | **Quorn tikka curry with brown rice** | **Quorn piece with roast potatoes, seasonal vegetables & real gravy** | **Quorn dippers and chips, with salad, and oven baked potato wedges** |
|  | **Jacket potatoes with a choice of filling** |
| **Wholemeal crusty bread, and salad pots available every day** |
| **Puds****A Pudding of the Day will be available each day. We offer a range of mostly home made puddings including:** |
| **Apple Crumble with baked oat topping** | **Winter fruit sponge** | **Rice Pudding with stewed fruit compote** | **Wholegrain chocolate brownies** | **Steamed honey pudding** | **Plum and almond bake** |
| **Fruit pots & yoghurt available every day**Did you know? We’re reducing the sugar in our puddings |



Please come & talk to us if your child has any issues with our menu, or with food in general. We’re here to help!



Did you know? We don’t add salt to our recipes.

Did you know? Our fish pie and fish cakes all contain oily fish such as salmon.

 **Our Menu
Week 2 (11/11,02/12)**

Did you know? We encourage children to try new things with our Healthy Lunch Reward Programme.

Did you know? Milk used in our recipes is semi-skimmed.

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meaty Mains** | **Tuna & sweetcorn pasta bake** | **Chicken & vegetable curry with brown rice** | **Homemade Hawaiian pizza** | **Roast beef, roast potatoes, Yorkshire puddings, seasonal vegetables & real gravy** | **Breaded fish chips and seasonal vegetables** |
| **Herbivores** | **Wholewheat pasta in herby tomato sauce with 2 cheese topping** | **Macaroni cheese** | **Homemade Margarita pizza** | **Quorn mince & Yorkshire pudding, roast potatoes, seasonal vegetables, & real gravy** | **Veggie fingers, chips and seasonal vegetables** |
|  | **Jacket potatoes with a choice of filling** |
| **Wholemeal crusty bread, and salad pots available every day** |
| **A Pudding of the Day will be available each day. We offer a range of mostly home made puddings including:** |
| **Fruity Crumble with oat topping** | **Real strawberry mousse** | **Fruit & bran muffin and custard** | **Sugar free jelly and fruit** | **Fruit & yoghurt pot** | **Chocolate & berry mousse pots**  |
| **Fruit pots & yoghurt available every day** |



Did you know? We encourage children to learn table manners at lunch.

Please come & talk to us if your child has any issues with our menu, or with food in general. We’re here to help!

Did you know? We try and make our fruity puddings with 50% fruit

Did you know? We use wholemeal pasta, rice and bread where possible

Please come & talk to us if your child has any issues with our menu, or with food in general. We’re here to help!

Did you know? Our meat is all Red Tractor certified.
Did you know? Milk used in our recipes is semi-skimmed.
Did you know? We try and make our fruity puddings with 50% fruit.
Did you know? We use wholemeal pasta, rice and bread where possible.
Please come & talk to us if your child has any issues with our menu, or with food in general. We’re here to help!
**Our Menu
Week 3 (18/11,09/12)**

Did you know?

Our meat is all Red Tractor certified.

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meaty Mains** | **Pork hot dogs with herby roasted new potatoes & seasonal vegetables** | **Crispy Chinese Chicken with stir fry veg and brown rice** | **Spaghetti bolognaise with hidden veg** | **Roast chicken and stuffing, roast potatoes, seasonal vegetables & real gravy** | **Fish fingers & chips** |
| **Herbivores** | **Veggie burgers with herby roasted new potatoes & seasonal vegetables** | **Shepherdess pie with hidden veg & lentils** | **Cheese & Onion rolls with salad** | **Quorn chicken fillet with stuffing, roast potatoes, fresh seasonal vegetables & gravy** | **Veggie sausage, chips, & seasonal vegetables** |
| **Lighter bites** | **Jacket potatoes with a choice of filling** |
| **Wholemeal crusty bread, and salad pots available every day** |
| **A Pudding of the Day will be available each day. We offer a range of mostly home made puddings including:** |
| **Fruity sponge & custard** | **Warm winter fruits** | **Fruit & bran muffin** | **Wholegrain chocolate brownies** | **Banana custard** | **Baked Oat Crunch** |
| **Fruit pots & yoghurt available every day** |