**Our Menu**

If you have spare fruit or vegetables, think about donating it to the school for use in our lunches!

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meaty Mains** | **Sweet chilli chicken noodles and salad** | **Roast vegetable and fish tray bake** | **Spaghetti bolognaise with hidden veg** | **Roast turkey and stuffing, roast potatoes, Yorkshire puds, seasonal vegetables & real gravy** | **Homemade pizza, (selection of toppings) chips and seasonal vegetables** |
| **Herbivores** | **Macaroni cheese & vegetable bake with salad** | **Cheese & potato pie with beans** | **Quorn tikka curry and rice** | **Quorn chicken fillet with stuffing, roast potatoes, fresh seasonal vegetables & gravy** | **Veggie fingers, chips & seasonal vegetables** |
| **Lighter bites** | **Warm chicken & roast vegetable wholemeal wrap with salsa, new potatoes & salad** | **Jacket potato, with tuna, cheese or beans and salad** | **Cheese, chicken or tuna baguette with salad** | **Jacket potato with cheese, coleslaw and salad** | **Cheese & turkey omelette with new potatoes, coleslaw & salad** |
| Wholemeal crusty bread, and salad pots available every day | | | | | |
| **Puds** |  |  |  |  |  |
| Fruit pots & yoghurt available every day | | | | | |

Did you know? 85% of our meals are freshly prepared

**Week 1**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | | **Wednesday** | | **Thursday** | | | **Friday** |
| **Meaty Mains** | **Turkey meatballs with wholewheat pasta in a herby tomato sauce** | **Cottage pie with seasonal vegetables and hidden lentils** | | **Chicken and roast vegetable tray bake** | | **Roast pork, roast potatoes, seasonal vegetables & real gravy** | | | **Breaded fish and chips with peas or beans** |
| **Herbivores** | **Macaroni cheese with salad** | **Cheese & potato pie with beans** | | **Veggie lasagne with salad** | | **Quorn cottage pie, roast potatoes and seasonal vegetables** | | | **Quorn dippers and chips, with salad, and peas or beans** |
| **Lighter bites** | **Jacket potatoes with salad and a choice of fillings/toppings are available daily** | | | | | | | | |
| **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** | **Frozen Yoghurt** | | **Rice Pudding with stewed fruit compote** | | **Wholegrain chocolate brownies** | | **Summer fruit layered pots** | **Summer Pudding** | |
| **Fruit pots & yoghurt available every day** | | | | | | | | | |

Did you know? We’re reducing the sugar in our puddings



Did you know? We only use fish on the Marine Conservation Society approved list.



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**

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

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

**Week 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meaty Mains** | **Cheesy fish pie with seasonal vegetables** | **Home made Hawaiian pizza with coleslaw and salad** | **Chicken curry and brown rice** | **Roast beef, roast potatoes, Yorkshire puddings, seasonal vegetables & real gravy** | **Hot dogs, chips and seasonal vegetables** |
| **Herbivores** | **Wholewheat pasta in herby tomato sauce with 2 cheese topping** | **Home made roast vegetable pizza with coleslaw and salad** | **Cheese & potato pie with seasonal vegetables** | **Quorn sausage & Yorkshire pudding, roast potatoes, seasonal vegetables, & real gravy** | **Veggie burgers, chips and seasonal vegetables** |
| **Lighter bites** | **Jacket potatoes with salad and a choice of fillings/toppings are available daily** | | | | |
| **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 try new things with our Healthy Lunch Reward Programme.

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? 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**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meaty Mains** | **Hotpot & seasonal vegetables** | **Roast vegetable and fish tray bake** | **Spaghetti bolognaise with hidden veg** | **Roast turkey and stuffing, roast potatoes, Yorkshire puds, seasonal vegetables & real gravy** | **Sweet chilli chicken noodles and salad** |
| **Herbivores** | **Macaroni cheese & vegetable bake with salad** | **Cheese & potato pie with beans** | **Quorn tikka curry and brown rice** | **Quorn chicken fillet with stuffing, roast potatoes, fresh seasonal vegetables & gravy** | **Veggie fingers, & seasonal vegetables** |
| **Lighter bites** | **Jacket potatoes with salad and a choice of fillings/toppings are available daily** | | | | |
| **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** | **Reduced sugar fruit whip** | **Fruit & bran muffin** | **Wholegrain chocolate brownies** | **Banana custard** | **Baked Oat Crunch** |
| **Fruit pots & yoghurt available every day** | | | | | |

**Allergy Information**

Meals shown below may contain allergens. If your child has an allergy, please ensure the school is aware of this.

|  |  |  |
| --- | --- | --- |
| **Lactose** | **Gluten** | **Eggs** |
| Mashed potato  Custard  Strawberry mousse  Ice cream  Rice pudding | Wholemeal crusty bread  Wraps  Noodles  Pasta  Spaghetti Bolognese  Rice | Rice pudding  Custard  Fruit sponge  Noodles  Pasta |
| **Soy** | **Fish** | **Celery** |
| Chicken Stir Fry  Sweet chilli chicken | Crispy fish, peas & chips  Fish pie  Fish cakes  Roast vegetable & fish tray bake | Spaghetti Bolognese  Chilli Con Carne  Cottage pie  Quorn cottage pie  Veggie fingers  Coleslaw |
| **Nuts** | **Sesame** |  |
|  |  |  |