

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 07/09/20 28/09/20 19/10/20 16/11/20 07/12/20	Main	Vegetarian Sausages with Onion Gravy	● Lamb Pasta Bolognese	● Roast Chicken With Mixed Herbs	● Beef Lasagne	● Fish Fingers
	Vegetarian	Plain Omelette	Broccoli & Cauliflower Bake	Vegetable Pastry Roll	Roasted Vegetable Lasagne	Roasted Vegetable Wrap
	Carbs & Veg	Mashed Potatoes, Peas, Sweetcorn	Croquette Potatoes Mixed Salad	Roast Potatoes Cabbage, Sliced Carrots	New Potatoes Mixed Salad	Mashed Potatoes Peas or Beans Mixed Salad
	Option	Pasta in a Cheese Sauce or Jacket Potato Option	Jacket Potato with Beans or Coleslaw	Pasta in a Tomato & Basil Sauce or Jacket Potato Option	Jacket Potato with Tuna Mayo or Cheese	Jacket Potato with Cheese or Beans
	Dessert	Water Melon or Yoghurt	Strawberry Jam Sponge With Natural Yoghurt	Fresh Fruit Platter, Yoghurt, Cheese & Crackers	Milk Rice Pudding	Pancakes with Fruit Compote
Week 2 14/09/20 05/10/20 02/11/20 23/11/20 14/12/20	Main	Vegetarian Kiev	● Minced Beef & Onion Pie	● Roast BBQ Chicken Dinner	● Lamb Chilli Wrap With Coleslaw	● Breaded Baked Fish Fillet
	Vegetarian	Roasted Vegetable Gratin	Mac & Cheese	Vegetarian Sausages in a Yorkshire Pudding with Gravy	Vegetable Samosa	Cheese & Tomato Flan
	Carbs & Veg	New Potatoes Peas & Carrots	Herb Diced Potatoes Country Vegetable Mix	Roast Potatoes Baton Carrots, Broccoli	New Potatoes Mixed Salad	Mashed Potatoes Mixed Country Vegetables, Peas
	Option	Pasta with Tomato Sauce or Jacket Potato Option	Jacket Potato with Tuna Mayo or Cheese	Pasta in a Tomato & Basil Sauce or Jacket Potato Option	Jacket Potato with Coleslaw or Beans	Jacket Potato with Cheese or Beans
	Dessert	Peach & Pear Pot	Apple & Peach Oaty Crumble With Crème Fraiche	Fresh Fruit Platter, Yoghurt, Cheese & Crackers	Carrot & Ginger Cake with Crème Fraiche	Vanilla Ice Cream Pot
Week 3 21/09/20 12/10/20 09/11/20 30/11/20	Main	Spaghetti In a Tomato & Basil Sauce	● Beef Cottage Pie	● Roast Chicken Dinner	● Braised Chicken Sausages in Onion Gravy	● Cod Bites
	Vegetarian	Cheese & Potato Pie	Vegetable Burger	Plain Omelette	Roasted Vegetable Crumble	Vegetable Pasta In a Tomato & Herb Sauce
	Carbs & Veg	New Potatoes Sliced Carrots, Peas	Mashed Potatoes Peas, Mixed Country Vegetables Mixed Salad	Roast Potatoes Baton Carrots, Savoury Cabbage	Mashed Potatoes Sweetcorn, Mixed Vegetables	Potatoe Wedges Peas or Beans
	Option	Jacket Potato with Coleslaw or Beans	Pasta in a Tomato & Basil Sauce or Jacket Potato Option	Jacket Potato with Tuna Mayo or Cheese	Pasta in a Tomato & Basil Sauce or Jacket Potato Option	Jacket Potato with Cheese or Beans
	Dessert	Fruit Platter or Yoghurt	Apple Crumble with Crème Fraiche	Fresh Fruit Platter, Yoghurt, Cheese & Crackers	Bread & Butter Pudding	Strawberry & Vanilla Swirl

Fresh Fruit and Yoghurt are available every day. We use locally sourced ingredients when available and in season. All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards.

● Halal Suitable