



Week Three Menu (WC: 16th September & 7th October)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Beef Meatballs in Tomato Sauce served with Rice	Vegetable and bean pie	Roast Chicken Roast Potatoes and Gravy	Pasta Bolognaise	Fish Fingers and Chips
VEGETARIAN	Vegetarian Meatballs in Tomato Sauce served with Rice	Cheese & Tomato Puff	Vegetarian Cowboy Pie	Pasta & Roast Vegetables	Mexican Bean Burger and Chips
JACKET POTATO	Jacket Potato with either Tuna Mayo, Baked Beans or Cheese	Jacket Potato with either Tuna Mayo, Baked Beans or Cheese	Jacket Potato with either Tuna Mayo, Baked Beans or Cheese	Jacket Potato with either Tuna Mayo, Baked Beans or Cheese	Jacket Potato with either Tuna Mayo, Baked Beans or Cheese
SANDWICHES	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo
DESSERTS	Chocolate Cookie	Apple Sponge & Custard	Iced Lemon Sponge	Sultana Oaty Cookie	Fruity Friday

AVAILABLE DAILY:

Choice of Fresh Salad Bar, Sandwich option, Water, Seasonal Fresh Vegetables, Seasonal Fresh Fruit & Yoghurt



School Lunch menu

Food for Life Silver menu which briefly means your children are being provided healthy, well balanced and professionally created lunches made from the highest ingredients, including free-range, organic and MSC certified fish.

School meals do not include fish on the Marine Conservation Society 'Fish to Avoid' list. Only contain British HMC certified assured meat and are nut free.

For more information on the award please visit foodforlife.org.uk/schools





Week One Menu

(WC: 2nd & 23rd September & 4th October)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cheese, Bean & Potato Bake	Pork Sausage mashed Potato and Gravy	Roast Gammon with Roast Potatoes & Gravy	Lasagne with Oven Baked Wedges	Fish and Chips
VEGETARIAN	Macaroni Cheese	Vegetarian Sausage, Mash Potato and Gravy	Vegetarian Wellington	Vegetarian Lasagne with Oven Baked Wedges	Vegetable Fingers with Chips
JACKET POTATO	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese
SANDWICHES	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo
DESSERTS	Peach Crumble & Custard	Cinnamon Oaty Cookie	Shortbread	Marble Cake	Fruity Friday

AVAILABLE DAILY:

Choice of Fresh Salad Bar, sandwich option, Water, Seasonal Fresh Vegetables, Seasonal Fresh Fruit & Yoghurt



Week Two Menu

WC: 9th & 30th September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Vegetarian Pizza with Oven Baked Wedges	Mild Chicken Curry served with Rice	Roast Turkey, Mashed Potatoes and Gravy	All Day Breakfast	Fish Fingers and Chips
VEGETARIAN	Cheese & Tomato Pizza with Oven Baked Wedges	Vegetable Curry, Served with Rice	Cheese & Baked Bean Puff with Mashed Potatoes	Vegetarian All Day Breakfast	Vegetable Fingers with Chips
JACKET POTATO	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese
SANDWICHES	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo	Choice of Sandwich filled with either Cheese, Ham, Tuna or Egg Mayo
DESSERTS	Treacle Sponge and Custard	Banana Traybake	Vanilla Ice Cream	Jam Tart	Fruity Friday

AVAILABLE DAILY:

Choice of Fresh Salad Bar, sandwich option, Water, Seasonal Fresh Vegetables, Seasonal Fresh Fruit & yoghurt