

## Week Three Menu

Served weeks commencing: 3/6 24/6 15/7

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	Chicken & Sweetcorn Pie	Vegetable & Bean Pie	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	Carrot Cake
TUESDAY	Cheesy Leek & Potato Bake	Veggie Mince Pasta Bolognese's	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	Jelly with Fruit
WEDNESDAY	Roast Chicken with potato and Gravy	Lentil & Bean Bake	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	Fudge Tart & Custard
THURSDAY	Beef Chilli con Carne with Homemade Nachos	Cheese, Tomato and Sweetcorn Pizza with Wedges	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	Chocolate & Beetroot Brownie
FRIDAY	Salmon Fishfingers & Chips	Roasted Vegetable Omelette & Chips	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	'Fruity Friday'



FUEL FOR YOUNG MINDS

### School Lunch menu

SPRING '19 – SUMMER '19

February 2019 – October 2019

FOOD for LIFE

OUR MENU

With this menu we continue with our achievement of Food for Life Silver; 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.

For more information on the award, please visit [foodforlife.org.uk/schools](http://foodforlife.org.uk/schools)

- Our menus meet or exceed government food standards for school meals.
- Do not include fish on the Marine Conservation Society 'Fish to Avoid' list.
- Only contain British farm assured meat.
- Are nut free, peanut free and shellfish free



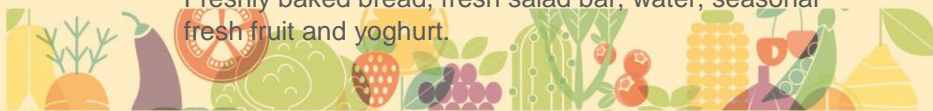
## Week One Menu

Served weeks commencing: 10/6, 1/7

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	Meat Feast Pizza with Sweet Potato Jacket Wedges	Cheese & Tomato Pizza with Sweet Potato Jacket Wedges	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	Apple Flapjack
TUESDAY	Meatballs in Tomato Sauce with Pasta	Veggie meatballs with pasta	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	Chocolate Cookie
WEDNESDAY	Roast Turkey with potato and Gravy	Cheese & Veg Flan	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	Jam Tart & Custard
THURSDAY	Creamy Chicken with Sweetcorn & Rice	Veggie curry with rice	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	Vanilla Ice Cream
FRIDAY	Fishcake & Chips	Veggie Fingers & Chips	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	'Fruity Friday'

### AVAILABLE DAILY:

Freshly baked bread, fresh salad bar, water, seasonal fresh fruit and yoghurt.



## Week Two Menu

Served weeks commencing: 17/6, 8/7

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	Chicken Carbonara with Spaghetti	Veggie Hotpot	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	Banana Muffin
TUESDAY	Sausage & Mash	Veggie Sausage & Mash	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	Marble Cake & Custard
WEDNESDAY	Roast Chicken with potato and Gravy	Veggie Nuggets & Diced Potatoes	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	Chocolate Crispie
THURSDAY	Chicken and Sweetcorn Pasta	Cheese and tomato pasta bake	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	Iced Lemon Sponge
FRIDAY	Fish Fingers and Chips	Veggie burger & Chips	Jacket Potato topped with either Tuna Mayonnaise, Baked Beans or Cheese	Choice of Sandwiches, Soft Rolls or Baguettes. Filled with either Cheese, Ham, Tuna or Egg	'Fruity Friday'

### AVAILABLE DAILY:

Freshly baked bread, fresh salad bar, water, seasonal fresh fruit, and yoghurt.