

**Week**  
Commencing

# Balanced and nutritious, freshly prepared school meals

## Week 1

**MONDAY**  
**MAINS**  
 Pasta Neapolitan  
 Vegetable Chilli (V)  
 Herby Diced Potatoes, Brown & White Rice, Sweetcorn, Peas & Carrots  
**DESSERT**  
 Cookie

**TUESDAY**  
**MAINS**  
 Pork & Carrot Meatballs in a freshly made Tomato Sauce  
 Cheese & Potato Pie (V)  
 Jacket Wedges, Pasta, Baked Beans, Peas & Cauliflower  
**DESSERT**  
 Chocolate Sponge with Chocolate Sauce

**WEDNESDAY**  
**MAINS**  
 Roast Chicken & Gravy  
 Linda McCartney Vegetable Sausage in a Yorkshire Pudding (V)  
 Roast & Mash, Medley of Fresh Vegetables  
**DESSERT**  
 Lemon Drizzle Slice

**THURSDAY**  
**MAINS**  
 Lasagne  
 Tortilla Cheese Quiche (V)  
 Garlic Bread, Mash, Green Beans, Carrots & Peas  
**DESSERT**  
 Selection of Shortbread

**FRIDAY**  
**MAINS**  
 Fishcake  
 Pizza (V)  
 (with a selection of toppings)  
 Noodles, Chips, Baked Beans, Sweetcorn & Peas  
**DESSERT** - Fruity Friday  
 Fruit Salad with Natural Yoghurt, Fruit Puffer, Fruit Jelly

## Week 2

**MONDAY**  
**MAINS**  
 Fish fingers  
 Linda McCartney Vegetable Sausage & Gravy (V)  
 Garlic Bread, Mash, Baked Beans, Green Beans & Sweetcorn  
**DESSERT**  
 Iced Vanilla Sponge & Custard

**TUESDAY**  
**MAINS**  
 Shepherd's Pie  
 Mediterranean Omelette (V)  
 Herby Diced Potatoes, Fresh Bread, Broccoli, Sweetcorn & Carrots  
**DESSERT**  
 Mini Doughnut with Toffee Drizzle

**WEDNESDAY**  
**MAINS**  
 Roast Chicken with Gravy  
 Vegetable Lasagne (V)  
 Roast & Mash, Carrots, Peas & Cauliflower Cheese  
**DESSERT**  
 Fruit Muffin or Cupcake

**THURSDAY**  
**MAINS**  
 Chicken Tikka Masala (with naan bread)  
 Mac 'n' Cheese (V)  
 Fresh Bread, Brown & White Rice, Green Beans, Sweetcorn & Carrots  
**DESSERT**  
 Cookie

**FRIDAY**  
**MAINS**  
 Fish Fillet  
 Pizza (with a selection of toppings)  
 Chips, Mash, Baked Beans, Peas & Sweetcorn  
**DESSERT**  
 Fruity Friday - Fruit Salad with Natural Yoghurt, Fruit Puffer  
 Mango Sorbet & Fruit Jelly

## Week 3

**MONDAY**  
**MAINS**  
 Cheesy Pasta  
 Quorn Tikka Masala (V)  
 Garlic Bread, Brown & White Rice, Broccoli, Sweetcorn & Cauliflower  
**DESSERT**  
 Apple Flapjack

**TUESDAY**  
**MAINS**  
 Sausages & Gravy  
 Omelette (V)  
 Jacket Wedges, Pasta, Baked Beans, Green Beans & Sweetcorn  
**DESSERT**  
 Chocolate Brownie

**WEDNESDAY**  
**MAINS**  
 Roast Beef with Yorkshire Pudding & Gravy  
 Cheese & Vegetable Parcel (V)  
 Roast & Mash, Carrots, Cabbage & Peas  
**DESSERT**  
 Rice Pudding or Iced Bun

**THURSDAY**  
**MAINS**  
 Chicken Korma  
 Vegetable Holpot (V)  
 Brown & White Rice, Herby Diced Potatoes, Sweetcorn, Peas & Cauliflower Cheese  
**DESSERT**  
 Toffee Cake & Custard

**FRIDAY**  
**MAINS**  
 Fish Bites  
 Pizza (with a selection of toppings)  
 Brown & White Rice, Chips, Baked Beans, Broccoli & Carrots  
**DESSERT** - Fruity Friday  
 Fresh Fruit Salad & Natural Yoghurt, Fruit Puffer, Fruit Salad & Mango Sorbet

13/05/19  
10/06/19  
01/07/19  
02/09/19  
23/09/19  
14/10/19  
11/11/19  
02/12/19  
06/01/20  
27/01/20  
24/02/20  
16/03/20

06/05/19  
03/06/19  
24/06/19  
15/07/19  
16/09/19  
07/10/19  
04/11/19  
25/11/19  
16/12/19  
20/01/20  
10/02/20  
09/03/20  
30/03/20

29/04/19  
20/05/19  
17/06/19  
08/07/19  
09/09/19  
30/09/19  
21/10/19  
18/11/19  
09/12/19  
13/01/20  
03/02/20  
02/03/20  
23/03/20

Available Daily - Freshly made bread, selection of salads, fresh fruit and assorted yoghurts as an alternative to the dessert of the day. The menu may vary on promotional days.

Food Allergen & Intolerance Information - Before ordering speak to our staff about your requirements.