

Lunch Menu Week 1 - w/c Mondays 15/5/17, 5/6/17, 26/6/17, 17/7/17, 4/9/17,

Monday



Pork Sausages (G.SU)

or



(v) Pasta in Tomato Sauce (D.G.)

or



(v) Jacket Potato with Cheese and Beans (D.)
or with beans

Tuesday



BBQ Chicken Fillet Bites and Wrap (G.)

or



Tuna Pasta Bake (D.F.G.)

or



(v) Jacket Potato with Cheese (D.)
or with cheese + beans

Wednesday



Roast Beef in Gravy

or



(v) Veggie Sausages (G.SU.SB)

or



(v) Jacket Potato with Cheese and Beans (D.)
or with cheese

Thursday



Chicken Korma (D.E.M.N.SU)

or



(v) Rustic Margherita Pizza (D.G.)

or



(v) Jacket Potato with Cheese (D.)
or with cheese + beans

Friday



Battered Fish Fillet (G.F.)

or



(v) Cheese and Sweetcorn Omelette (D.E.)

or



(v) Jacket Potato with Cheese and Beans (D.)
or with cheese

Week 1 Dessert Menu

Everyday we offer (v) Yeo Valley organic yoghurt (D.) and fresh fruit as alternative options.

• Monday

- (v) Homemade Flapjack (SU.G.) or
- (v) Ice Cream Tub (D.)

• Tuesday

- (v) Homemade Apple and Strawberry Crumble (G.) with Custard (D.)

• Wednesday

- (v) Homemade Chocolate Crunch Biscuit (G.)

• Thursday

- (v) Homemade Orange or Lemon Drizzle Cake (G.E.)

• Friday

- (v) Pancake with Banana Chunks (G.SU.D.E.)

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi skimmed milk and water to drink.

Accompaniments may vary to those shown

(v) Please let your school cook know if you require a hot vegetarian meal on a day when one isn't shown.

Key

- | | |
|----------------|------------------|
| V = vegetarian | G = Gluten/wheat |
| D = Dairy | F = Fish |
| N = Coconut | M = Mustard |
| S = Sesame | SB = Soya |
| E = Egg | SU = Sulphites |



Monday



Organic Beef Grill (G.) in a Bun (S.G.)

or



(v) Pasta in Cheese Sauce (D.G.)

or



Jacket Potato with Cheese (D.)
or cheese + beans

Tuesday



Chicken Pie (D.G.)

or



Gluten Free Salmon Fillet Fingers (F.)

or



(v) Jacket Potato with Cheese and Beans (D.)
or cheese

Wednesday



Roast Pork or Gammon Joint

or



(v) Chinese Style Quorn with Noodles (SB,E,G.)

or



Jacket Potato with Cheese (D.)
or cheese + beans

Thursday



Spaghetti Bolognese (D.G.)

or



(v) Vegetable Curry (E,D,M,S,U,N)

or



(v) Jacket Potato with Cheese and Beans (D.)
or cheese

Friday



Battered Fish Fillet (G,F)

or



(v) Vegetable Burrito (D.G.)

or



(v) Jacket Potato with Cheese (D.)
or cheese + beans

Week 2 Dessert Menu

Everyday we offer (v) Yeo Valley organic yoghurt, (D.) and fresh fruit as alternative options.

- **Monday**
(v) Whip with Fruit in Juice (D.) or
(v) Homemade Ginger Cookie (G.)
- **Tuesday**
(v) Homemade Up Beet
Chocolate Cake (G.SB.D.E.)
- **Wednesday**
(v) Homemade Iced
Blueberry Muffin (G.D.E.) or
(v) Ice Cream Tub (D.)
- **Thursday**
(v) Homemade Apple Pudding
with Custard (G.E.D.)
- **Friday**
(v) Strawberry Swirl Mousse (D.) or
(v) Cheddar Cheese, Crackers
and Apple Wedge (G.D.)

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Monday



Organic Pork Meatballs (G.)

or



(v) Cheese and Potato Pie (D.E.M.)

or



(v) Jacket Potato with Cheese and Beans (D.)
Or with Cheese

Tuesday



Bacon Medallion and Pork Sausage (G.SU.)

or



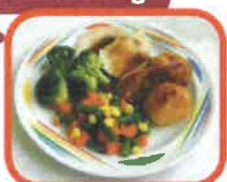
(v) Breadcrumbed Vegetable Fingers (G.)

or



(v) Jacket Potato with Cheese (D.)
or cheese + beans

Wednesday



Roast Chicken Joint or Fillet

or



(v) Vegetarian Toad in the Hole (G.SU.SB.D.E.)

or



(v) Jacket Potato with Cheese and Beans (D.)
or cheese

Thursday



Beef Lasagne (D.G.)

or



(v) Cheese and Tomato Pizza (D.G.)

or



(v) Jacket Potato with Cheese (D.)
or cheese + beans

Friday



Fish Fillet Fingers (F.G.)

or



(v) Cheese and Egg Quiche (G.D.E.)

or



(v) Jacket Potato with Cheese and Beans (D.)
or cheese

Week 3 Dessert Menu

Everyday we offer (v) Yeo Valley organic yoghurt, (D.) and fresh fruit as alternative options.

- **Monday**
(v) Homemade Toffee Apple Sponge with Custard (G.SB.D.E.)
- **Tuesday**
(v) Ice Cream Tub (D.) or
(v) Homemade Zesty Orange Cookie (G.E.)
- **Wednesday**
(v) Homemade Favourite Iced Sponge (G.E.)
- **Thursday**
Jelly with Fruit or
(v) Homemade Honey and Raisin Bar (SU.G.)
- **Friday**
(v) Homemade Chocolate Cracknell (G.)

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