

Monday



Pork Sausages (G.SU)

or



(v) Chinese Style Quorn Noodles (E.G.)

Tuesday



BBQ Chicken Filler Wrap (G.)

or



(v) Chef's Free Range Omelette (D.E.)

Wednesday



Roast Pork or Gammon

or



(v) Vegetable Korma (M.D.E.)

Thursday



Pasta Bolognese (G.) Optional Cheese (D.)

or



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

Friday



*Crispy Fishcake (F.G.SB.)

or



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

Every day choose from:



(v) Jacket Potato with Cheese (D.)

or



Jacket Potato with Tuna Mayonnaise (E.F.)

or



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



Week 1 Dessert Menu

Every day we offer:
(v) Yeo Valley organic yoghurt, (D.) or fresh fruit as alternative dessert options

Monday

(v) Strawberry Swirl Mousse (D.) or (v) Cheddar Cheese, Crackers and Apple Wedge (G.D.)

Tuesday

(v) Homemade Peach Melba Sponge with Raspberry Drizzle Icing (G.E.)

Wednesday

(vg) Homemade Apple Charlotte (G.SU) with (v) Custard (D.) baked apple with a crispy, oaty topping or (v) Ice Cream Tub (D.)

Thursday

(v) Chocolate Mousse with Fruit in Juice (D.) or (vg) Homemade Cherry Cookie (G.)

Friday

(v) Homemade Chocolate Frosted Sponge (G.E.D)

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 in the photographs.

Key

- vg = vegan
- V = vegetarian
- D = Dairy
- N = Coconut/Nuts
- S = Sesame
- E = Egg
- G = Gluten/wheat
- F = Fish
- M = Mustard
- SB = Soya
- SJ = Sulphites

*Salmon and Sweet Potato

Allergies

Please contact your school cook for information regarding the content of dishes and products on our menu.



Monday



Organic Pork Meatballs (G.SU.)

or



(vg) Veggie Sausages (G.)

Every day choose from:



(v) Jacket Potato with Cheese (D.)

or



Jacket Potato with Tuna Mayonnaise (E.F.)

or



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

Tuesday



Brunch: Sausage (G.SU.), Bacon, Omelette (D.E.)

or



(v) Quorn Korma (very mild) (M.D.E.)

Wednesday



Roast Beef in Gravy

or



(vg) Veggie Bolognese with Noodles (G.SB.)

Thursday



Chicken Pie (D.G.)

or



(vg) Breadcrumbed Vegetable Fingers (G.)

Friday



Breaded Pollock Fillet (F.)

or



(v) Quorn Nuggets (G.D.E.)



Week 2 Dessert Menu

Every day we offer:

(v) Yeo Valley organic yoghurt. (D.) or fresh fruit as alternative dessert options

Monday

(vg) Homemade Flapjack (G.)

Tuesday

(v.) Homemade Chef's Sponge Cake with Fruit in Juice (G.E.)

Wednesday

(vg.) Homemade Fruit Crumble (G.) with (v) Custard (D.) or (v) Ice Cream Tub (D.)

Thursday

(v) Homemade Up Beat Chocolate Cake (G.F)

Friday

(v) Dinky Doughnuts with Dipping Sauce (G.E.D.SB.)

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Meat Free Monday



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

or



(vg) Plant Power Veggie Balls with Rustic Tomato Sauce

Tuesday



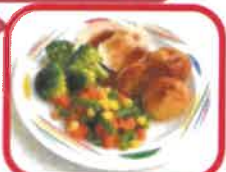
Organic Beef Grill (G.) in a Bun (G.)

or



(v) Cheesy Pasta Bake (G.D.)

Wednesday



Roast Chicken Joint or Fillet

or



(v) Quorn Fillet (E.)

Thursday



Organic Beef and Tomato Fusilli (G.)
Optional Cheese (D.)

or



(vg) Veggie Hot Dog (G.)

Friday



Gluten Free Fish Fillet Fingers (F.)

or



(v) Broccoli and Sweetcorn Pasta (D.G.)

Every day choose from:



(v) Jacket Potato with Cheese (D.)

or



Jacket Potato with Tuna Mayonnaise (E.F.)

or



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



Week 3 Dessert Menu

Every day we offer:

(v) Yeo Valley organic yoghurt, (D.) or fresh fruit as alternative dessert options

Monday

(vg) Homemade Chocolate Cracknel (G.)

Tuesday

Jelly with Fruit or
(v) Ice Cream Tub (D.)

Wednesday

(v) Homemade Syrup Sponge (G.E.)
with Custard (D) or
(vg) Homemade Zesty Orange Cookie (G.)

Thursday

(vg) Homemade Shortbread (G.)

Friday

(v) Homemade Chocolate and
Pear Brownie (G.E.)
(v) Ice Cream Tub (D.)

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.

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