

Monday



Pork Sausages (G.SU)

or



(v) Cheesy Tomato Risotto (D.)

Tuesday



Chicken Fillet in a Bun (S.G.)

or



Tuna Pasta Bake (D.F.G.)

Wednesday



Roast Pork

or



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

Thursday



Chicken Pie (D.G.)

or



(v) Breadcrumbed Vegetable Fingers (G.)

Friday



Battered Fish Fillet (G.F)

or



(v) Vegetable Burrito (D.G.)

Everyday choose from:



(v) Jacket Potato with Cheese (D.)

or



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

Week 1 Dessert Menu

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

- Monday
(v) Strawberry Swirl Mousse (D.) or (v) Cheddar Cheese, Crackers and Apple Wedge (G.D.)
- Tuesday
(v) Chef's Homemade Fruit Crumble of the Day (G.) with Custard (D.) or (v) Ice Cream Tub (D.)
- Wednesday
(v) Homemade Iced Mandarin Sponge (G.E.)
- Thursday
(v) Whip with Fruit in Juice (D.) or (v) Homemade Ginger Cookie (G.)
- Friday
(v) Homemade Chocolate Flapjack (G.SU.SB.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.

(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.)



Salmon Pasta Bake (F.D.G.)

Everyday choose from:



(v) Jacket Potato with Cheese (D.)

or



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

Tuesday

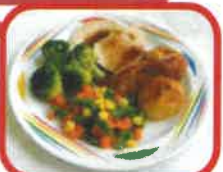


Bacon Medallion and Pork Sausage (G.S.U.)



(v) Cheesy Pasta (G.D.)

Wednesday



Roast Chicken Joint or Fillet



(v) Vegetarian Curry (G.SB.M.)

Thursday



Spaghetti Bolognese (D.G.)



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

Friday



Battered Fish Fillet (G.SB.F.)



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

Week 2 Dessert Menu

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

- Monday
(v) Homemade Chocolate Cracknell (G.)
- Tuesday
(v) Iced Strawberry Bun (G.)
- Wednesday
(v) Homemade Frosted Chocolate Sponge (G.E.D.)
- Thursday
(v) Pancake with Banana Chunks (G.SU.D.E.)
- Friday
(v) Homemade Melting Moment Biscuit (G.)
or
(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.

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.

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Monday



Organic Pork Meatballs (G.)

or



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

Tuesday



Mild and Creamy Chicken Curry (D.)

or



(v) Farmhouse Omelette (D.E.)

Wednesday



Roast Beef in Gravy

or



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

Thursday



Cheesy BBQ Bacon Pasta (G,D.)

or



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

Friday



Breaded Pollock Fillet (F,SB.)

or



(v) Pasta in a Rich Tomato Sauce (D,G.)

Everyday choose from:



(v) Jacket Potato with Cheese (D.)

or



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

Week 3 Dessert Menu

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

- Monday
(v) Homemade Apple Crunch Pudding (G,S,U.) with Custard (D.) or (v) Homemade Carrot and Orange Cookie (G.)
- Tuesday
(v) Homemade Iced Blueberry Muffin (G,D,E.)
- Wednesday
(v) Homemade Shortbread (G.)
- Thursday
(v) Ice Cream Tub (D.)
- Friday
(v) (v) Homemade Up Beet Chocolate Cake (G,SB,D,E.) with Hot Chocolate Sauce (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.

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

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