








# WEEK ONE

Week Commencing: 31 October, 21st November, 12th December, 16th January, 6th February, 6th March, 27th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>Pork Sausage Rolls</b>	<b>Beef Burger in a Bun</b>	 <b>Roast Chicken &amp; Gravy</b>	 <b>Chicken Tikka Masala</b>	<b>Cheese &amp; Tomato Pizza</b>
 <b>Vegan Sausage Rolls (V)</b>	 <b>Quorn Pattie Burger in Bun</b>	 <b>Quorn Roast (v)</b>	 <b>Vegetarian Sausage (v)</b>	<b>Fish Fingers</b>
<b>Jacket Potato Beans</b>	<b>Jacket Potato Beans</b>	<b>Jacket Potato Beans</b>	<b>Jacket Potato Beans</b>	<b>Sandwiches (Ham/ Cheese/ Tuna)</b>
<b>Diced Potatoes Broccoli Carrots Mixed Salad of the Season Garlic Bread</b>	<b>Oven Baked Wedges Baked Beans Coleslaw Mixed Salad of the Season Tomato Bread</b>	<b>Roast Potatoes Green Beans Baton Carrots Mixed Salad of the Season Wholemeal Bread</b>	<b>Diced Potatoes Rice Peas Sweetcorn Mixed Salad of the Season Twin Bread</b>	<b>Chunky Chips Baked Beans Peas Mixed Salad of the Season White Bread</b>
<b>Chocolate Ice Cream Roll Fruit Yoghurt Seasonal Fresh Fruit Platter</b>	<b>Jelly &amp; Fruit Fruit Yoghurt Seasonal Fresh Fruit Platter</b>	<b>Crunchie Carrot Cookie Fruit Yoghurt Seasonal Fresh Fruit Platter</b>	<b>Chocolate Cookies Fruit Yoghurt Seasonal Fresh Fruit Platter</b>	<b>Strawberry and vanilla Mousse Fruit Yoghurt Seasonal Fresh Fruit Platter</b>

## AVAILABLE DAILY

Seasonal Fruit Platter, Fresh Salad Bar, Home Baked Breads and Freshly Made Yoghurts available daily in addition to the above Menu offering



Denotes freshly prepared dishes.

Menus may change to meet customers' preferences, a promotional event and seasonal variation.

A range of locally sourced products are used when available and seafood with this mark comes from an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)

Allergies - please contact your school cook for more information about the content of menu items.

MSC-C-54995



Fresh Cook

# WEEK TWO


Week Commencing: 7th November, 28th November, 2nd January, 23rd January, 13th February, 13th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Spaghetti Bolognese	Oven Baked Sausages	 Roast Chicken and Gravy	Pork & Carrot Meatballs With Pasta	Cheese & Tomato Pizza
 Vegetable Fajitas	Fish Finger Wrap	 Marconi Cheese (v)	 Vegetable Cottage Pie (v)	Fish Fingers
Jacket Potato Beans	Jacket Potato Beans	Jacket Potato Beans	Jacket Potato Beans	Sandwiches (Ham/ Cheese/ Tuna)
1/2 Jacket Potato Spaghetti Cauliflower Peas Mixed Salad of the Season Garlic Bread	Oven Baked Potato Wedges Savoury Rice Carrots Broccoli Florets Mixed Salad of the Season Herb Bread	Roast Potatoes Green Beans Roast Parsnips Mixed Salad of the Season Wholemeal Bread	Pasta Sweetcorn Peas Mixed Salad of the Season Twin Bread	Chunky Chips Sweet potato Mash Baked Beans Mixed Salad of the Season White Bread
Ice Cream Roll Fruit Yoghurt Seasonal Fresh Fruit Platter	Jelly & Fruit Fruit Yoghurt Seasonal Fresh Fruit Platter	 Vanilla Cookies Fruit Yoghurt Seasonal Fresh Fruit Platter	 Chocolate Cookie Fruit Yoghurt Seasonal Fresh Fruit Platter	 Cherry Cheesecake Fruit Yoghurt Seasonal Fresh Fruit Platter

## AVAILABLE DAILY

Seasonal Fruit Platter, Fresh Salad Bar, Home Baked Breads and Freshly Made Yoghurts available daily in addition to the above Menu offering









 Denotes freshly prepared dishes.  
Menus may change to meet customers' preferences, a promotional event and seasonal variation.  
A range of locally sourced products are used when available and all our fish comes from an MSC certified sustainable fishery.  
**Allergies** - please contact your school cook for more information about the content of menu items.





# WEEK THREE

Week Commencing: 14th November, 5th December, 9th January, 30th January, 27th February, 20th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>Chicken Tikka Masala</b>	<b>Chicken Wrap</b>	 <b>Roast Chicken Roast Potatoes</b>	 <b>All Day Breakfast</b>	<b>Cheese &amp; Tomato Pizza</b>
 <b>Sweet Potato &amp; Lentil Curry (V)</b>	<b>Quorn Goujon Wrap (v)</b>	 <b>Tomato &amp; Basil Pasta (V)</b>	 <b>Meat Free All Day Breakfast</b>	<b>Fish Fingers (V)</b>
<b>Jacket Potato Beans</b>	<b>Jacket Potato Beans</b>	<b>Jacket Potato Beans</b>	<b>Jacket Potato Beans</b>	<b>Sandwiches (Ham/ Cheese/ Tuna)</b>
<b>Rice Naan Bread Green Beans Mixed Salad of the Season Tomato Bread</b>	<b>Oven Baked wedges Corn on the Cob Peas Mixed Salad of the Season White Bread</b>	<b>Roast Potatoes Creamed Mash Potato Broccoli Florets Roast Parsnips Mixed Salad of the Season Twin Bread</b>	<b>Hash Browns Green Beans Sweetcorn Mixed Salad of the Season Wholemeal Bread</b>	<b>Chunky Chips Baked Beans Peas Mixed Salad of the Season Herb Bread</b>
<b>Ice Cream Roll Fruit Yoghurt Seasonal Fresh Fruit Platter</b>	<b>Vanilla Shortbread with Vanilla Sauce Fruit Yoghurt Seasonal Fresh Fruit Platter</b>	<b>Carrot Cookies &amp; Custard Fruit Yoghurt Seasonal Fresh Fruit Platter</b>	<b>Melting Moments Biscuits Fruit Yoghurt Seasonal Fresh Fruit Platter</b>	<b>Fruit Smoothie Fruit Yoghurt Seasonal Fresh Fruit Platter</b>

## AVAILABLE DAILY

Seasonal Fruit Platter, Fresh Salad Bar, Home Baked Breads and Freshly Made Yoghurts available daily in addition to the above Menu offering

 Denotes freshly prepared dishes.

Menus may change to meet customers' preferences, a promotional event and seasonal variation.

A range of locally sourced products are used when available and all our fish comes from an MSC certified sustainable fishery.

**Allergies** - please contact your school cook for more information about the content of menu items.



MSC - C - 50678