

# ONE

# TWO

# THREE

AVAILABLE EVERY DAY.

4 Sept, 25 Sept, 16 Oct  
13 Nov, 4 Dec

11 Sept, 2 Oct, 30 Oct  
20 Nov, 11 Dec

18 Sept, 9 Oct, 6 Nov  
27 Nov, 18 Dec

MONDAY

Sausages with Mashed Potatoes & Gravy  
Quorn Sausages & Mash with Gravy  
Cauliflower & Peas  
Wholemeal Plum & Vanialla Crumble  
with Custard  
Yoghurt / Fresh Fruit Platter

Beef Burger With Jacket Wedges  
Vegetable Lasagne Jacket Wedges  
Coleslaw & Sweetcorn  
Orange Bread & Butter Pudding  
with Custard  
Yoghurt / Fresh Fruit Platter

BBQ Chicken Pizza with Jacket Wedges  
Bean Vegetable Chilli with Rice  
Sweetcorn & Mixed Peppers  
Pear Sponge with Custard  
Yoghurt / Fresh Fruit Platter

TUESDAY

Shepherd's Pie with Gravy  
Sweet & Sour Vegetables with Noodles

Chicken Neapolitan Wholemeal Pasta  
Lentil & Basil Puff Pastry Turnover with  
New Potatoes

Minced Beef & Onion Pie  
with Mashed Potatoes  
Vegetable Wholemeal Pasta Bake

Carrots & Green Beans  
Apple & Raisin Flapjack  
Yoghurt / Fresh Fruit Salad

Broccoli & Carrots  
Wholemeal Banana Loaf  
Yoghurt / Fresh Fruit Chunks

Green Beans & Glazed Carrots  
Rice pudding with Mixed Berries  
Yoghurt / Fresh Fruit Salad

WEDNESDAY

Roast Pork with Roast Potatoes & Gravy  
Quorn Roast with Roast Potatoes & Gravy

Roast Turkey with Roast Potatoes & Gravy  
Mixed Vegetable Loaf with Roast Potatoes  
& Gravy

Roast Chicken with stuffing with  
Roast Potatoes & Gravy  
Vegetable wellington with  
Roast Potatoes & Gravy

Savoy Cabbage & Swede

Carrots & Courgettes

Savoy Cabbage & Sweetcorn

Carrot & Courgette Cake with Custard  
Yoghurt / Fresh Fruit Platter

Vanilla Shortbread  
Yoghurt / Fresh Fruit Salad

Cheese, Apple & Biscuits  
Yoghurt / Fresh Fruit Chunks

THURSDAY

Chicken Tikka with Rice  
Macaroni Cheese with Garlic Slice

Spaghetti Beef Bolognese  
Lentil & Sweet Potatoe Curry with Rice

Beef Lasagne  
Red Pepper Frittata with New Potatoes

Sweetcorn & Peppers

Roasted Mixed Vegetables

Broccoli & Tomato Salad

Dutch Apple Pie & Custard  
Yoghurt / Fresh Fruit Salad

Eves Pudding with Custard  
Yoghurt / Fresh Fruit Platter

Apple & Raisin Strudel with Custard  
Yoghurt / Fresh Fruit Salad

FRIDAY

MSC Fish Cake or MSC Fish Fingers  
with Chips  
Cheesey vegetable pie  
with Mashed Potatoe Topping

MSC Fish Fingers with Chips  
Cheese & Tomato Quiche with Chips

Msc Battered Fish with Chips  
Cheese & Tomatoe Pizza with Chips

Baked Beans & Garden Peas

Baked Beans & Garden Peas

Baked Beans & Garden Peas

Lemon Drizzle cake  
Yoghurt / Fresh Fruit Chunks

Chocolate & Beetroot Browine  
Yoghurt / Fresh Fruit Chunks

Chocolate Shortbread  
yoghurt / Fres Fruit Platter

**Jacket Potatoes**  
freshly cooked daily where  
advertised with a choice of filling

**Bread**

freshly baked on site daily

**Daily salad selection**

there will be a selection of salad  
items available daily

**Fresh Fruit & Yoghurt**  
available daily

**WE USE LOCALLY  
SOURCED INGREDIENTS  
WHEN AVAILABLE  
AND IN SEASON**

All our menus are  
nutritionally analysed to  
ensure they meet and in  
most cases exceed  
**The School Food Standards**  
We hope your child enjoys  
our new menus.

Menus could be subject to  
local change, please check  
your child's school for any  
bespoke changes.



Vegetarian option



Oily fish



Marine Stewardship  
Council details  
Web: [www.msc.org](http://www.msc.org)  
Chain of Custody  
Registration Code  
MSC-C-54995