

Week one

Week Commencing: 31/08, 21/09, 12/10, 9/11, 30/11, 4/1/21, 25/1, 22/2, 15/3, 19/4, 10/5, 7/6, 28/6, 19/7.

Choose a main meal...

MONDAY

British Pork Sausages with Gravy and Creamy Mashed Potatoes

(v,h) Chinese Style Quorn with Noodles

Tuna Mayonnaise Sandwich

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Cheddar Cheese, Crackers and Apple Slices
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

TUESDAY

Barbeque Marinated British Chicken Breast Wrap, Baked Potato Wedges

(v,h) Chef's Free Range Omelette with Baked Potato Wedges

British Turkey Soft Bap

On the side...

Fresh Salad Bar
Corn on the Cob or Peas

For dessert...

(v,h) Iced Mandarin Sponge
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... WEDNESDAY ROAST

WEDNESDAY

British Roast Pork Joint or Loin Steak or Gammon Joint, Apple Sauce, Gravy and Crispy Roast Potatoes

(v) Veggie Sausage Toad in the Hole, Gravy and Crispy Roast Potatoes

(v) Cheddar Cheese Soft Bap

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

THURSDAY

(h) Lowerhurst Farm Organic Beef Bolognaise with Pasta and Malted Wheat Baguette

(v,h) Cheddar Cheese and Potato Pie

(v) British Ham Sandwich

On the side...

Fresh Salad Bar
Vegetables of the Day or Baked Beans

For dessert...

(v) Chocolate Mousse with Fruit in Juice on the Side
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... FISHY FRIDAY

FRIDAY

(msc) *Crispy Fishcake with Criss-Cross Potatoes

(v,h) Cheese and Tomato Pizza with Criss-Cross Potatoes

(v) Egg Mayonnaise and Cress Soft Bap

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v,h) Sticky Ginger Cake
(v) Organic Yoghurt or Fresh Fruit

Week two

Week Commencing: 7/9, 28/9, 19/10, 16/11, 7/12, 11/1/21, 1/2, 1/3, 22/3, 26/4, 17/5, 14/6, 5/7.

Choose a main meal...

MONDAY

Organic Pork Meatballs, Rich and Rustic Tomato Gravy and Pasta

(v,h) Vegetable Cottage Pie with Cheesy Topped Mash and Malted Wheat Baguette

(v) Cheddar Cheese Soft Bap

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Chef's Choice Flapjack
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

TUESDAY

Brunch Lunch – Bacon Medallion, Pork Sausage, Omelette and Baked Potato Wedges

(v,h) Mild and Creamy Quorn Korma with Wholegrain Rice

British Roast Chicken Wrap

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v,h) Chef's Sponge Cake Choice with Fruit in Juice on the Side
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... WEDNESDAY ROAST

WEDNESDAY

British Roast Beef, Yorkshire Pudding, Gravy and Crispy Roast Potatoes

(vg,h) Veggie Bolognaise with Noodles

British Ham Soft Bap

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

THURSDAY

(h) British Chicken Pie with Gravy, Creamy Mash or Crispy Potatoes

(vg,h) Veggie Sausages with Gravy, Creamy Mash or Crispy Potatoes

Tuna Mayonnaise Sandwich

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(vg,h) Chocolate Shortbread
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... FISHY FRIDAY

FRIDAY

(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes

(v) Quorn Nuggets with Rainbow Rice

(v) Cheddar Cheese Soft Bap

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v) Two Dinky Doughnuts with Dipping Sauce
(v) Organic Yoghurt or Fresh Fruit

Week three

Week Commencing: 14/9, 5/10, 2/11, 23/11, 14/12, 18/1/21, 8/2, 8/3, 29/3, 3/5, 24/5, 21/6, 12/7.

Choose a main meal - MEAT FREE MONDAY

MONDAY

(v) Cheese and Tomato Pizza with Baked Potato Wedges

(vg) Breadcrumbed Vegetable Fingers with Baked Potato Wedges

(v) Cheddar Cheese Sandwich

On the side...

Fresh Salad Bar
Peas
Baked Beans

For dessert...

(vg,h) Chocolate Cracknel
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

TUESDAY

Lowerhurst Farm Organic Beef Grill in a High Fibre Bun with Crispy Potatoes

(v,h) Cheesy Pasta Bake with Malted Wheat Baguette

British Turkey Wrap

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... WEDNESDAY ROAST

WEDNESDAY

British Roast Chicken Joint or Fillet, Gravy and Crispy Roast Potatoes

(v,h) Mild and Creamy Vegetable Korma with Wholegrain Rice

Tuna Mayonnaise Soft Bap

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Up-Beet Chocolate Cake
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

THURSDAY

(h) Lowerhurst Farm Organic Beef Lasagne with Garlic Bread

(vg) Veggie Hot Dog in a Finger Roll with Ketchup and Baked Potato Wedges

British Roast Chicken Soft Bap

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(vg,h) Zesty Orange Cookie
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... FISHY FRIDAY

FRIDAY

(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes

(v,h) Jacket Potato with Cheddar Cheese

(v) Cheddar Cheese Wrap

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v,h) Pupil's Favourite Fruit Muffin
(v) Organic Yoghurt or Fresh Fruit