

<p><b>WEEK ONE</b> <b>Weeks beginning:</b></p> <p>November 4<sup>th</sup> November 25<sup>th</sup> December 16<sup>th</sup> January 6<sup>th</sup> January 27<sup>th</sup> February 24<sup>th</sup> March 16<sup>th</sup></p>	<p><b><u>MONDAY</u></b> <b><u>MAINS</u></b></p> <p>Beef Meatballs in a tomato &amp; basil sauce Cheese Omelette (V) Jacket potato with tuna mayo</p> <p><b><u>SIDES</u></b></p> <p>Whole wheat Pasta Mixed Vegetables</p> <p><b><u>DESSERT</u></b></p> <p>Raspberry &amp; coconut sponge</p>	<p><b><u>TUESDAY</u></b> <b><u>MAINS</u></b></p> <p>Tuna &amp; sweetcorn pasta bake Mixed bean chilli (V) Jacket potato with cheese &amp; Beans (V)</p> <p><b><u>SIDES</u></b></p> <p>Brown rice Peas &amp; sweetcorn</p> <p><b><u>DESSERT</u></b></p> <p>Fruit yoghurt</p>	<p><b><u>WEDNESDAY</u></b> <b><u>MAINS</u></b></p> <p>Roast chicken &amp; stuffing Quorn fillet (V) Malted grain roll with cheese salad (V)</p> <p><b><u>SIDES</u></b></p> <p>Roast potatoes or pasta Carrots or broccoli Gravy</p> <p><b><u>DESSERT</u></b></p> <p>Cherry flapjack</p>	<p><b><u>THURSDAY</u></b> <b><u>MAINS</u></b></p> <p>Cottage pie Mixed vegetable curry (V) Jacket potato with chicken, bacon &amp; mayo</p> <p><b><u>SIDES</u></b></p> <p>Brown rice Sweetcorn &amp; green beans</p> <p><b><u>DESSERT</u></b></p> <p>Pear &amp; chocolate sponge with chocolate custard</p>	<p><b><u>FRIDAY</u></b> <b><u>MAINS</u></b></p> <p>Salmon fishcake Bean burger (V) Malted grain roll with egg mayo (v)</p> <p><b><u>SIDES</u></b></p> <p>Chips or pasta Baked beans or peas</p> <p><b><u>DESSERT</u></b></p> <p>Ice cream</p>
<p><b>WEEK TWO</b> <b>Weeks beginning:</b></p> <p>November 11<sup>th</sup> December 2<sup>nd</sup> January 13<sup>th</sup> February 3<sup>rd</sup> March 2<sup>nd</sup> March 23<sup>rd</sup></p>	<p><b><u>MONDAY</u></b> <b><u>MAINS</u></b></p> <p>Pork sausages Vegetarian sausages (V) Jacket potato with beans (V)</p> <p><b><u>SIDES</u></b></p> <p>Baked oven wedges Pasta Carrots &amp; green beans</p> <p><b><u>DESSERT</u></b></p> <p>Carrot cake</p>	<p><b><u>TUESDAY</u></b> <b><u>MAINS</u></b></p> <p>Ham &amp; tomato pizza Margherita pizza (V) Jacket potato with chicken tikka mayo</p> <p><b><u>SIDES</u></b></p> <p>Mixed vegetables</p> <p><b><u>DESSERT</u></b></p> <p>Fruit yoghurt</p>	<p><b><u>WEDNESDAY</u></b> <b><u>MAINS</u></b></p> <p>Roast gammon Quorn fillet (V) Malted grain roll with egg &amp; cress (V)</p> <p><b><u>SIDES</u></b></p> <p>Roast potatoes or pasta Peas &amp; Sweetcorn Gravy</p> <p><b><u>DESSERT</u></b></p> <p>Country fruit slice</p>	<p><b><u>THURSDAY</u></b> <b><u>MAINS</u></b></p> <p>Beef bolognaise Quorn bolognaise (V) Jacket potato with tuna crunch</p> <p><b><u>SIDES</u></b></p> <p>Broccoli &amp; carrots</p> <p><b><u>DESSERT</u></b></p> <p>Apple crumble with vanilla custard</p>	<p><b><u>FRIDAY</u></b> <b><u>MAINS</u></b></p> <p>Breaded cod fillet Cheese pie (V) Malted grain roll with ham &amp; salad</p> <p><b><u>SIDES</u></b></p> <p>Chips or pasta Peas or baked beans</p> <p><b><u>DESSERT</u></b></p> <p>Chocolate mousse</p>
<p><b>WEEK THREE</b> <b>Weeks beginning:</b></p> <p>November 18<sup>th</sup> December 9<sup>th</sup> January 20<sup>th</sup> February 10<sup>th</sup> March 9<sup>th</sup> March 30<sup>th</sup></p>	<p><b><u>MONDAY</u></b> <b><u>MAINS</u></b></p> <p>Ham, leek &amp; cheese pasta bake Vegetarian Sausages (V) Jacket potato with beans (V)</p> <p><b><u>SIDES</u></b></p> <p>Pasta Mixed vegetables</p> <p><b><u>DESSERT</u></b></p> <p>Fruit flapjack</p>	<p><b><u>TUESDAY</u></b> <b><u>MAINS</u></b></p> <p>Beef burger in a bun Quorn burger in a bun (V) Jacket potato with tuna crunch</p> <p><b><u>SIDES</u></b></p> <p>Pasta Sweetcorn &amp; peas</p> <p><b><u>DESSERT</u></b></p> <p>Fruit yoghurt</p>	<p><b><u>WEDNESDAY</u></b> <b><u>MAINS</u></b></p> <p>Roast pork &amp; stuffing Quorn fillet (V) Malted grain roll with egg mayo (V)</p> <p><b><u>SIDES</u></b></p> <p>Roast potatoes or pasta Carrots &amp; green beans Gravy</p> <p><b><u>DESSERT</u></b></p> <p>Rice crispie square</p>	<p><b><u>THURSDAY</u></b> <b><u>MAINS</u></b></p> <p>Chicken Chow Mein Macaroni cheese (V) Jacket potato with coronation chicken</p> <p><b><u>SIDES</u></b></p> <p>Noodles Mixed vegetables</p> <p><b><u>DESSERT</u></b></p> <p>Chocolate orange iced sponge</p>	<p><b><u>FRIDAY</u></b> <b><u>MAINS</u></b></p> <p>Fish fingers Quorn nuggets (V) Malted grain roll with cheese salad (V)</p> <p><b><u>SIDES</u></b></p> <p>Chips or pasta Peas or baked beans</p> <p><b><u>DESSERT</u></b></p> <p>Fruit jelly</p>

The second choice each day is suitable for vegetarians.

Fresh seasonal salad, fresh whole wheat bread and fresh drinking water are available daily.

Fresh fruit is available daily as an alternative to the dessert of the day.

All meats are high welfare.

All our fish is sustainable and approved by the Marine Stewardship Council (MSC).

For information regarding allergens or if any special diets are required please speak to Deborah Deane, school cook.



# **School Lunch Menu**

## **Winter 2019/20**