

<p><b>WEEK ONE</b> Weeks beginning:</p> <p>6<sup>th</sup> January 27<sup>th</sup> January 24<sup>th</sup> February 17<sup>th</sup> March 7<sup>th</sup> April</p>	<p><b><u>MONDAY</u></b> <b><u>MAINS</u></b> Pork sausages Vegan sausages(VE) mash/wholewheat pasta</p> <p><b><u>SIDES</u></b> Seasonal vegetables</p> <p><b><u>DESSERT</u></b> Fruit yoghurt</p>	<p><b><u>TUESDAY</u></b> <b><u>MAINS</u></b> Chicken hot pot Jacket potato with beans(VE) and cheese</p> <p><b><u>SIDES</u></b> Seasonal vegetables</p> <p><b><u>DESSERT</u></b> Fruit flapjacks</p>	<p><b><u>WEDNESDAY</u></b> <b><u>MAINS</u></b> Roast pork Quorn roast(VE) roast potatoes/ wholewheat pasta</p> <p><b><u>SIDES</u></b> Peas, carrots</p> <p><b><u>DESSERT</u></b> Fruit jelly</p>	<p><b><u>THURSDAY</u></b> <b><u>MAINS</u></b> Spaghetti bolognese Macaroni cheese Jacket potato with beans(VE) and cheese</p> <p><b><u>SIDES</u></b> Seasonal vegetables</p> <p><b><u>DESSERT</u></b> Fruit yoghurt</p>	<p><b><u>FRIDAY</u></b> <b><u>MAINS</u></b> Breaded cod fillet Vegan sausage roll (VE) chips/wholewheat pasta</p> <p><b><u>SIDES</u></b> Peas, Beans</p> <p><b><u>DESSERT</u></b> Fruit flapjacks</p>
<p><b>WEEK TWO</b> Weeks beginning:</p> <p>13<sup>th</sup> January 3<sup>rd</sup> February 3<sup>rd</sup> March 24<sup>th</sup> March</p>	<p><b><u>MONDAY</u></b> <b><u>MAINS</u></b> Tuna pasta bake Jacket potato with beans(VE) and cheese</p> <p><b><u>SIDES</u></b> Seasonal vegetables</p> <p><b><u>DESSERT</u></b> Fruit yoghurt</p>	<p><b><u>TUESDAY</u></b> <b><u>MAINS</u></b> Hot dogs Vegan curry with pasta/brown rice(VE)</p> <p><b><u>SIDES</u></b> Seasonal vegetables</p> <p><b><u>DESSERT</u></b> Fruit flapjacks</p>	<p><b><u>WEDNESDAY</u></b> <b><u>MAINS</u></b> Roast chicken Quorn roast(VE) with roast potatoes/ wholewheat pasta</p> <p><b><u>SIDES</u></b> Peas, carrots</p> <p><b><u>DESSERT</u></b> Fruit jelly</p>	<p><b><u>THURSDAY</u></b> <b><u>MAINS</u></b> Cottage Pie Macaroni cheese Jacket potato with beans(VE) and cheese</p> <p><b><u>SIDES</u></b> Seasonal vegetables</p> <p><b><u>DESSERT</u></b> Fruit yoghurt</p>	<p><b><u>FRIDAY</u></b> <b><u>MAINS</u></b> Salmon fishcake Vegan burger(VE) chips/wholewheat pasta</p> <p><b><u>SIDES</u></b> Peas. beans</p> <p><b><u>DESSERT</u></b> Fruit flapjacks</p>
<p><b>WEEK THREE</b> Weeks beginning:</p> <p>20<sup>th</sup> January 10<sup>th</sup> February 10<sup>th</sup> March 31<sup>st</sup> March</p>	<p><b><u>MONDAY</u></b> <b><u>MAINS</u></b> Chicken stew Vegetable stew(VE) with new potatoes/ wholewheat pasta</p> <p><b><u>SIDES</u></b> Seasonal vegetables</p> <p><b><u>DESSERT</u></b> Fruit yoghurt</p>	<p><b><u>TUESDAY</u></b> <b><u>MAINS</u></b> Chicken curry with brown rice Macaroni cheese</p> <p><b><u>SIDES</u></b> Seasonal vegetables</p> <p><b><u>DESSERT</u></b> Fruit flapjacks</p>	<p><b><u>WEDNESDAY</u></b> <b><u>MAINS</u></b> Roast pork Quorn roast(VE) with roast potatoes/ wholewheat pasta</p> <p><b><u>SIDES</u></b> Peas, carrots</p> <p><b><u>DESSERT</u></b> Fruit jelly</p>	<p><b><u>THURSDAY</u></b> <b><u>MAINS</u></b> Beef burger with new potatoes/ wholewheat pasta Pasta with vegetable sauce Jacket potato with beans(VE) and cheese</p> <p><b><u>SIDES</u></b> Seasonal vegetables</p> <p><b><u>DESSERT</u></b> Fruit yoghurt</p>	<p><b><u>FRIDAY</u></b> <b><u>MAINS</u></b> Breaded cod fillet Vegan hot dog(VE) with chips/ wholewheat pasta</p> <p><b><u>SIDES</u></b> Peas, beans</p> <p><b><u>DESSERT</u></b> Fruit flapjacks</p>

The second choice each day is suitable for vegetarians.

Vegan friendly is marked with (VE)

A vegan or vegetarian option can be put in place when not available on the menu for that day.

Fresh seasonal salad, fresh wholewheat 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 Dianna Lune, school cook.



# **School Lunch Menu**

## **Winter/Spring 2025**