

<p>WEEK ONE Weeks beginning:</p> <p>October 30th November 20th December 11th January 3rd January 22nd February 19th March 12th</p>	<p><u>MONDAY</u> <u>MAINS</u> Chicken Curry & Rice Jacket potato baked beans & Salad Sub roll tuna Salad</p> <p><u>SIDES</u> Pasta Peas Fresh bread</p> <p><u>DESSERT</u> Chocolate/orange sponge & custard</p>	<p><u>TUESDAY</u> <u>MAINS</u> Jacket potato & chilli con carne Vegetable pasta bake Sub roll egg & cress</p> <p><u>SIDES</u> Mixed vegetables Pasta Fresh bread</p> <p><u>DESSERT</u> Rice pudding & jam sauce</p>	<p><u>WEDNESDAY</u> <u>MAINS</u> Roast pork & apple sauce Vegetable grill Sub roll cheese & tomato</p> <p><u>SIDES</u> Roast potatoes or pasta Carrots & cauliflower Fresh bread Gravy</p> <p><u>DESSERT</u> Ice cream</p>	<p><u>THURSDAY</u> <u>MAINS</u> Beef hotpot Jacket potato cheese & salad Sub roll tuna mayonnaise</p> <p><u>SIDES</u> Green beans & sweetcorn Potatoes Fresh Bread</p> <p><u>DESSERT</u> Banana sponge & custard</p>	<p><u>FRIDAY</u> <u>MAINS</u> Fish Vegetable fingers Sub roll ham salad</p> <p><u>SIDES</u> Chips or pasta Peas or baked beans Fresh bread</p> <p><u>DESSERT</u> Cherry muffins</p>
<p>WEEK TWO Weeks beginning:</p> <p>November 6th November 27th January 8th January 29th February 26th March 19th</p>	<p><u>MONDAY</u> <u>MAINS</u> Meatballs with pasta in tomato sauce Quorn Sausages Sub roll egg salad</p> <p><u>SIDES</u> Mashed potato or pasta Sweetcorn Fresh bread</p> <p><u>DESSERT</u> Pineapple cake & custard</p>	<p><u>TUESDAY</u> <u>MAINS</u> Chicken pasta bake Jacket potato baked beans & salad Sub roll ham salad</p> <p><u>SIDES</u> Pasta Broccoli & green beans Fresh bead</p> <p><u>DESSERT</u> Fruity flapjack</p>	<p><u>WEDNESDAY</u> <u>MAINS</u> Roast chicken & stuffing Jacket potato & cheese Sub roll tuna salad</p> <p><u>SIDES</u> Roast potatoes or pasta Peas & carrots Gravy Fresh bread</p> <p><u>DESSERT</u> Fruit jelly</p>	<p><u>THURSDAY</u> <u>MAINS</u> Shepherd's pie Quorn mince shepherd's pie Sub roll cheese salad</p> <p><u>SIDES</u> Mixed vegetables New Potatoes Fresh bread</p> <p><u>DESSERT</u> Apple crumble & custard</p>	<p><u>FRIDAY</u> <u>MAINS</u> Salmon fish cake Quorn fillet Sub roll ham salad</p> <p><u>SIDES</u> Chips or pasta Peas or baked beans Fresh bread</p> <p><u>DESSERT</u> Lemon Muffins</p>
<p>WEEK THREE Weeks beginning:</p> <p>November 13th December 4th January 15th February 5th March 5th March 26th</p>	<p><u>MONDAY</u> <u>MAINS</u> Beef lasagne Jacket potato baked beans & salad Sub roll egg salad</p> <p><u>SIDES</u> Pasta Green beans & cauliflower Fresh bread</p> <p><u>DESSERT</u> Strawberry mousse</p>	<p><u>TUESDAY</u> <u>MAINS</u> Beef burger in a bun with salad Vegetable burger in a bun with salad Sub roll tuna mayo</p> <p><u>SIDES</u> New potatoes sweetcorn Fresh bread</p> <p><u>DESSERT</u> Pear cake & custard</p>	<p><u>WEDNESDAY</u> <u>MAINS</u> Roast beef & Yorkshire pudding Quorn mince pasta bake Sub roll egg salad</p> <p><u>SIDES</u> Roast potatoes or pasta Peas & carrots Gravy Fresh bread</p> <p><u>DESSERT</u> Fruity yoghurts</p>	<p><u>THURSDAY</u> <u>MAINS</u> Chicken & vegetable pie Vegetable curry Sub roll cheese salad</p> <p><u>SIDES</u> Potatoes Mixed vegetables Fresh bread</p> <p><u>DESSERT</u> Sponge with jam sauce</p>	<p><u>FRIDAY</u> <u>MAINS</u> Fish fingers Vegetable grill Sub roll ham salad</p> <p><u>SIDES</u> Chips or pasta Peas or baked beans Fresh bread</p> <p><u>DESSERT</u> Carrot muffins</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 Clare Hunt, school cook.



School Lunch Menu

Winter 2017/18