

<p>WEEK ONE Weeks beginning:</p> <p>4th January 25th January 22nd February 15th March</p>	<p><u>MONDAY</u> <u>MAINS</u> Tuna & Sweetcorn pasta bake Jacket Potato with beans(V)(VE)</p> <p><u>SIDES</u> Mixed Vegetables</p> <p><u>DESSERT</u> Fruit Yoghurt Fresh Fruit</p>	<p><u>TUESDAY</u> <u>MAINS</u> Pork Sausages Veggie Sausages(V)(VE)</p> <p><u>SIDES</u> Pasta Peas & carrots Oven baked wedges</p> <p><u>DESSERT</u> Cherry flapjack Fresh Fruit</p>	<p><u>WEDNESDAY</u> <u>MAINS</u> Roast chicken & stuffing Quorn fillet(V)</p> <p><u>SIDES</u> Roast potatoes or pasta Broccoli & green beans Gravy</p> <p><u>DESSERT</u> Fruit muffin Fresh Fruit</p>	<p><u>THURSDAY</u> <u>MAINS</u> Beef Bolognese Pasta Quorn Bolognese(V)</p> <p><u>SIDES</u> Mixed Vegetables</p> <p><u>DESSERT</u> Fruit Jelly Fresh Fruit</p>	<p><u>FRIDAY</u> <u>MAINS</u> Fishcake Veggie burger(V)</p> <p><u>SIDES</u> Chips or pasta Baked beans or peas</p> <p><u>DESSERT</u> Cookie Fresh Fruit</p>
<p>WEEK TWO Weeks beginning:</p> <p>11th January 1st February 1st March 22nd March</p>	<p><u>MONDAY</u> <u>MAINS</u> Pepperoni Pizza Margherita Pizza(V)</p> <p><u>SIDES</u> Sweetcorn Pasta</p> <p><u>DESSERT</u> Fruit Yoghurt Fresh Fruit</p>	<p><u>TUESDAY</u> <u>MAINS</u> Ham & Tomato Quiche Jacket Potato with beans & cheese(V)</p> <p><u>SIDES</u> Mixed vegetables</p> <p><u>DESSERT</u> Carrot Cake Fresh Fruit</p>	<p><u>WEDNESDAY</u> <u>MAINS</u> Roast Pork & stuffing Quorn fillet(V)</p> <p><u>SIDES</u> Roast potatoes or pasta Peas & Carrots Gravy</p> <p><u>DESSERT</u> Fruit Muffin Fresh Fruit</p>	<p><u>THURSDAY</u> <u>MAINS</u> Chicken Curry Macaroni Cheese(V)</p> <p><u>SIDES</u> Rice Sweetcorn</p> <p><u>DESSERT</u> Fruit Yoghurt Fresh Fruit</p>	<p><u>FRIDAY</u> <u>MAINS</u> Breaded cod fillet Quorn Nuggets(V)</p> <p><u>SIDES</u> Chips or pasta Peas or baked beans</p> <p><u>DESSERT</u> Rice Crispie Square Fresh Fruit</p>
<p>WEEK THREE Weeks beginning:</p> <p>18th January 8th February 8th March 29th March</p>	<p><u>MONDAY</u> <u>MAINS</u> Meatballs in a tomato & basil sauce Jacket potato with beans(V)(VE)</p> <p><u>SIDES</u> Pasta Mixed vegetables</p> <p><u>DESSERT</u> Fruit Yoghurt Fresh Fruit</p>	<p><u>TUESDAY</u> <u>MAINS</u> Ham, Leek & cheese pasta bake Cheese Omelette(V)</p> <p><u>SIDES</u> Sweetcorn Oven baked Wedges</p> <p><u>DESSERT</u> Pineapple Cake Fresh Fruit</p>	<p><u>WEDNESDAY</u> <u>MAINS</u> Roast Gammon Quorn fillet(V)</p> <p><u>SIDES</u> Roast potatoes or pasta Mixed Vegetables Gravy</p> <p><u>DESSERT</u> Fruit Jelly Fresh Fruit</p>	<p><u>THURSDAY</u> <u>MAINS</u> Spaghetti Bolognese Vegetable Bolognese(V)(VE)</p> <p><u>SIDES</u> Green beans Peas</p> <p><u>DESSERT</u> Cookie Fresh Fruit</p>	<p><u>FRIDAY</u> <u>MAINS</u> Fish fingers Vegetable Finger(V)(VE)</p> <p><u>SIDES</u> Chips or Pasta Peas or baked beans</p> <p><u>DESSERT</u> Flapjack Fresh Fruit</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 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

Spring 2021