

<p>WEEK ONE Weeks beginning:</p> <p>3rd January 24th January 14th February 28th February 21st March</p>	<p><u>MONDAY</u> <u>MAINS</u> Pork Sausages Veggie Sausages(V)(VE)</p> <p><u>SIDES</u> Pasta Mixed Vegetables</p> <p><u>DESSERT</u> Fruit Flapjack</p>	<p><u>TUESDAY</u> <u>MAINS</u> Ham, leek & cheese pasta bake Jacket Potato with beans(V)(VE)</p> <p><u>SIDES</u> Pasta Peas & Sweetcorn</p> <p><u>DESSERT</u> Fruit Yoghurt</p>	<p><u>WEDNESDAY</u> <u>MAINS</u> Roast chicken & stuffing Quorn roast(V) (Vegan option available)</p> <p><u>SIDES</u> Carrots & Peas Roast potatoes or pasta Gravy</p> <p><u>DESSERT</u> Carrot Cake</p>	<p><u>THURSDAY</u> <u>MAINS</u> Beef bolognese pasta bake Vegan sausage roll(V)(VE)</p> <p><u>SIDES</u> Mixed Vegetables Pasta</p> <p><u>DESSERT</u> Fruit Yoghurt</p>	<p><u>FRIDAY</u> <u>MAINS</u> Fishcake Veggie burger(V)(VE)</p> <p><u>SIDES</u> Chips or pasta Baked beans or peas</p> <p><u>DESSERT</u> Fruit jelly</p>
<p>WEEK TWO Weeks beginning:</p> <p>10th January 31st January 7th March 28th March</p>	<p><u>MONDAY</u> <u>MAINS</u> Pepperoni Pizza Margherita Pizza(V) (vegan cheese is available)</p> <p><u>SIDES</u> Sweetcorn Pasta</p> <p><u>DESSERT</u> Fruit Yoghurt</p>	<p><u>TUESDAY</u> <u>MAINS</u> Chilli con carne Jacket Potato with beans(V)(VE)</p> <p><u>SIDES</u> Rice Mixed vegetables</p> <p><u>DESSERT</u> Cookie</p>	<p><u>WEDNESDAY</u> <u>MAINS</u> Roast Gammon Quorn roast(V) (Vegan option available)</p> <p><u>SIDES</u> Roast potatoes or pasta Peas & Carrots Gravy</p> <p><u>DESSERT</u> Fruit jelly</p>	<p><u>THURSDAY</u> <u>MAINS</u> Chicken Korma Macaroni Cheese(V) (Vegan option available)</p> <p><u>SIDES</u> Rice Green beans & sweetcorn</p> <p><u>DESSERT</u> Fruit Yoghurt</p>	<p><u>FRIDAY</u> <u>MAINS</u> Fish Fingers Vegan Fishless fingers(V)(VE)</p> <p><u>SIDES</u> Chips or pasta Peas or baked beans</p> <p><u>DESSERT</u> Fruit muffin</p>
<p>WEEK THREE Weeks beginning:</p> <p>17th January 3rd February 14th March 4th April</p>	<p><u>MONDAY</u> <u>MAINS</u> Sweet & sour chicken Pizza Slice(V) (Vegan cheese is available)</p> <p><u>SIDES</u> Pasta Mixed vegetables</p> <p><u>DESSERT</u> Carrot cake</p>	<p><u>TUESDAY</u> <u>MAINS</u> Meatballs in tomato & herb sauce Jacket potato with cheese & beans(V)</p> <p><u>SIDES</u> Pasta Broccoli & sweetcorn</p> <p><u>DESSERT</u> Fruit yoghurt</p>	<p><u>WEDNESDAY</u> <u>MAINS</u> Roast pork & stuffing Quorn roast(V) (Vegan option available)</p> <p><u>SIDES</u> Roast potatoes or pasta Carrots & peas Gravy</p> <p><u>DESSERT</u> Fruit cake</p>	<p><u>THURSDAY</u> <u>MAINS</u> Jacket potato with tuna mayo Vegetable spaghetti (V)(VE)</p> <p><u>SIDES</u> Mixed vegetables</p> <p><u>DESSERT</u> Fruit jelly</p>	<p><u>FRIDAY</u> <u>MAINS</u> Breaded cod fillet Vegetable burger(V)(VE)</p> <p><u>SIDES</u> Chips or Pasta Peas or baked beans</p> <p><u>DESSERT</u> Rice crispie square</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

Winter/Spring 2022