

WEEK ONE Weeks beginning: 20 th November 11 th December 8 th January 29 th January 26 th February 18 th March	Option 1	MONDAY Jacket potato with bacon, mushrooms and onion	TUESDAY Pork Sausages with mashed potato	WEDNESDAY Roast Chicken with roast potatoes	THURSDAY Cottage Pie	FRIDAY Cod Fillet with chips
	Option 2	Vegetarian Spaghetti Bolognese	Vegan Sausages with mashed potato	Quorn Fillet with roast potatoes	Vegetable Pasta Bake	Vegan Sausage Roll
	Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
	Dessert	Fruit Cake Fresh Fruit Selection	Fruit Yoghurt Fresh Fruit Selection	Fruit Jelly Fresh Fruit Selection	Carrot Cake Fresh Fruit Selection	Cookie Fresh Fruit Selection
WEEK TWO Weeks beginning: 27 th November 18 th December 15 th January 5 th February 4 th March	Option 1	Meatballs with Wholewheat pasta	Macaroni Cheese	Roast Pork with roast potatoes	Spaghetti Bolognese	Salmon Fishcake with chips
	Option 2	Vegan Sausages with new potatoes	Vegan Curry with Rice	Quorn Fillet with roast potatoes	Vegetarian Rosti	Vegan Sausage Roll
	Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
	Dessert	Carrot Cake Fresh Fruit Selection	Fruit Yoghurt Fresh Fruit Selection	Fruit Jelly Fresh Fruit Selection	Fruitcake Fresh Fruit Selection	Cherry Flapjack Fresh Fruit Selection
WEEK THREE Weeks beginning: 4 th December 22 nd January 11 th March	Option 1	Jacket Potato with Tuna Mayo	Pork Sausages with mashed potato	Roast Chicken with roast potatoes	Pork Loin with bubble and squeak	Cod Fillet with chips
	Option 2	Jacket Potato with Cheese & Beans	Stuffed Peppers	Quorn Fillet with roast potatoes	Potato Paties with Cheese	Quorn Fillet with chips
	Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Bakes Beans
	Dessert	Flapjack Fresh Fruit Selection	Fruit Yoghurt Fresh Fruit Selection	Fruit Jelly Fresh Fruit Selection	Fruitcake Fresh Fruit Selection	Shortbread Fresh Fruit Selection

The second choice each day is suitable for vegetarians.

Where the vegetarian option is not suitable for vegans, a vegan alternative is available on request.

Fresh seasonal salad, 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 Diana Lune, school cook.



School Lunch Menu

Winter 2023/2024