

<p><b>WEEK ONE</b> <b>Weeks beginning:</b></p> <p>1<sup>st</sup> September 22<sup>nd</sup> September 13<sup>th</sup> October</p>	<p><b><u>MONDAY</u></b> <b><u>MAINS</u></b></p> <p>Jacket potato with bacon and mushrooms Jacket potato with beans(VE) and cheese</p> <p><b><u>SIDES</u></b></p> <p>Seasonal vegetables</p> <p><b><u>DESSERT</u></b></p> <p>Fruit yoghurt</p>	<p><b><u>TUESDAY</u></b> <b><u>MAINS</u></b></p> <p>Hot dog Vegan hot dog(VE) with homemade potato wedges</p> <p><b><u>SIDES</u></b></p> <p>Sweetcorn</p> <p><b><u>DESSERT</u></b></p> <p>Fruit flapjack</p>	<p><b><u>WEDNESDAY</u></b> <b><u>MAINS</u></b></p> <p>Roast pork Quorn fillet(VE) with roast potatoes/ wholewheat pasta</p> <p><b><u>SIDES</u></b></p> <p>Seasonal vegetables</p> <p><b><u>DESSERT</u></b></p> <p>Fruit jelly</p>	<p><b><u>THURSDAY</u></b> <b><u>MAINS</u></b></p> <p>BBQ chicken with brown rice/ homemade potato wedges Macaroni cheese</p> <p><b><u>SIDES</u></b></p> <p>Seasonal vegetables</p> <p><b><u>DESSERT</u></b></p> <p>Fruit yoghurt</p>	<p><b><u>FRIDAY</u></b> <b><u>MAINS</u></b></p> <p>Breaded cod finger Vegan sausage roll(VE) with chips/ wholewheat pasta</p> <p><b><u>SIDES</u></b></p> <p>Peas, Beans</p> <p><b><u>DESSERT</u></b></p> <p>Fruit flapjack</p>
<p><b>WEEK TWO</b> <b>Weeks beginning:</b></p> <p>8<sup>th</sup> September 29<sup>th</sup> September 20<sup>th</sup> October</p>	<p><b><u>MONDAY</u></b> <b><u>MAINS</u></b></p> <p>Chicken stir-fry Vegetable stir-fry(VE) with noodles/rice</p> <p><b><u>SIDES</u></b></p> <p>Seasonal vegetables</p> <p><b><u>DESSERT</u></b></p> <p>Fruit yoghurt</p>	<p><b><u>TUESDAY</u></b> <b><u>MAINS</u></b></p> <p>Beefburger Vegan Sausages(VE) with potato wedges/ wholewheat pasta</p> <p><b><u>SIDES</u></b></p> <p>Sweetcorn</p> <p><b><u>DESSERT</u></b></p> <p>Fruit flapjack</p>	<p><b><u>WEDNESDAY</u></b> <b><u>MAINS</u></b></p> <p>Roast chicken Quorn roast(VE) with roast potatoes/ wholewheat pasta</p> <p><b><u>SIDES</u></b></p> <p>Seasonal vegetables</p> <p><b><u>DESSERT</u></b></p> <p>Fruit jelly</p>	<p><b><u>THURSDAY</u></b> <b><u>MAINS</u></b></p> <p>Pollock fillet in herb sauce with vegetable brown rice Macaroni cheese</p> <p><b><u>SIDES</u></b></p> <p>Seasonal vegetables</p> <p><b><u>DESSERT</u></b></p> <p>Fruit yoghurt</p>	<p><b><u>FRIDAY</u></b> <b><u>MAINS</u></b></p> <p>Ham and egg Vegan sausage roll(VE) with chips/ wholewheat pasta</p> <p><b><u>SIDES</u></b></p> <p>Peas and beans</p> <p><b><u>DESSERT</u></b></p> <p>Fruit flapjack</p>
<p><b>WEEK THREE</b> <b>Weeks beginning:</b></p> <p>15<sup>th</sup> September 6<sup>th</sup> October</p>	<p><b><u>MONDAY</u></b> <b><u>MAINS</u></b></p> <p>Jacket potato with tuna Macaroni cheese</p> <p><b><u>SIDES</u></b></p> <p>Seasonal vegetables</p> <p><b><u>DESSERT</u></b></p> <p>Fruit yoghurt</p>	<p><b><u>TUESDAY</u></b> <b><u>MAINS</u></b></p> <p>Ham, cheese &amp; tomato omelette Vegan hot dog(VE) with brown rice/ homemade potato wedges</p> <p><b><u>SIDES</u></b></p> <p>Sweetcorn</p> <p><b><u>DESSERT</u></b></p> <p>Fruit flapjack</p>	<p><b><u>WEDNESDAY</u></b> <b><u>MAINS</u></b></p> <p>Roast pork Quorn roast(VE) with roast potatoes/ wholewheat pasta</p> <p><b><u>SIDES</u></b></p> <p>Seasonal vegetables</p> <p><b><u>DESSERT</u></b></p> <p>Fruit jelly</p>	<p><b><u>THURSDAY</u></b> <b><u>MAINS</u></b></p> <p>Pork sausage Vegan sausage(VE) with new potatoes/ wholewheat pasta</p> <p><b><u>SIDES</u></b></p> <p>Seasonal vegetables</p> <p><b><u>DESSERT</u></b></p> <p>Fruit yoghurt</p>	<p><b><u>FRIDAY</u></b> <b><u>MAINS</u></b></p> <p>Salmon fishcake Vegan sausage roll(VE) with chips/ wholewheat pasta</p> <p><b><u>SIDES</u></b></p> <p>Peas, beans</p> <p><b><u>DESSERT</u></b></p> <p>Fruit flapjack</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**

## **Spring/Summer 2025**