

SCHOOL MEAL MENU OPTIONS

*** Great Food for Thought ***

Menu Starting
September 2023

		HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN COURSE 1	SAUSAGE ROLL ^{①②⑨⑭} , Mashed Potato & Garden Peas ^{①②⑧}	MILD CHICKEN CURRY ^{⑨①②⑧} served with Rice and Mixed Vegetables	ITALIAN STYLE MEATBALLS ^④ in a Tomato ^① Sauce with Rice and Mixed Veg
	MAIN COURSE 2	VEGETARIAN SAUSAGE ROLL ^② Mashed Potato & Garden Peas ^{①②⑧}	MILD QUORN CURRY ^{⑨①②⑧} served with Rice and Mixed Vegetables	ITALIAN STYLE VEGETABLE BALLS ^④ in a Tomato ^① Sauce with Rice and Mixed Veg
	JACKET OPTION	JACKET POTATO with Tuna ^⑤ & Sweet Corn	JACKET POTATO with Cheese ^⑦ & Baked Beans ^{①②⑧}	JACKET POTATO with Baked Beans ^{①②⑧} & Ham
	PUDDING	MIXED FRUIT YOGURT ^⑦	MIXED FRUIT YOGURT ^⑦	MIXED FRUIT YOGURT ^⑦
TUESDAY	MAIN COURSE 1	BECHEMEL TOPPED CHICKEN PASTA BAKE ^{②⑦} Chicken in Vegetable & Tomato Sauce	BEEF ^④ COTTAGE PIE with Mashed Potato, Peas & Carrots	VEGETABLE PASTA ^② BAKE ^⑦ with Carrot, Pepper & Cucumber Sticks
	MAIN COURSE 2	BECHEMEL TOPPED QUORN PASTA BAKE ^{②⑦} Chicken in Vegetable & Tomato Sauce	VEGETARIAN MINCE COTTAGE PIE with Mashed Potato, Peas & Carrots	JACKET POTATO with Rataouille ^{①①②⑧}
	JACKET OPTION	JACKET POTATO with Chicken & Smoky Bacon Creamy Sauce ^⑦	JACKET POTATO with Tuna ^⑤ Melt ^⑦	JACKET POTATO with Cheese ^⑦ & Baked Beans ^{①②⑧}
	PUDDING	PLAIN FLAPJACK ^②	Home Made CHERRY BUNS ^②	OAT BISCUIT ^② Home Made using Wholegrain Oats
WEDNESDAY	MAIN COURSE 1	ROAST BEEF & Yorkshire Pudding ^{②④⑦} with Seasonal Greens, Roast Potatoes & Gravy	ROAST PORK & Apple ^{⑭⑥} Sauce with Seasonal Greens, Roast Potatoes & Gravy	ROAST TURKEY with home made Stuffing ^② Seasonal Greens, Roast Potatoes & Gravy
	MAIN COURSE 2	VEGETABLE FINGERS & Yorkshire Pudding ^{②④⑦} with Seasonal Greens, Roast Potatoes & Gravy	QUORN ROAST ^④ with home made Stuffing ^② Seasonal Greens, Roast Potatoes & Gravy	VEGETABLE BURGERS ^{②④} with Seasonal Greens, Roast Potatoes & Gravy
	JACKET OPTION	JACKET POTATO with Cheese ^⑦ & Baked Beans ^{①②⑧}	JACKET POTATO with Chicken & Creamy ^⑦ Mushroom Sauce	JACKET POTATO with Baked Beans ^{①②⑧} & Ham
	PUDDING	GINGERBREAD SHAPES ^②	Freshly Prepared FRESH FRUIT JELLY ^{③④⑥⑦} Real Fresh Fruit Pieces in Fruit Jelly	Home Made PLAIN SHORTBREAD ^② FINGERS
THURSDAY	MAIN COURSE 1	CHICKEN PIE ^② Mashed Potato, Mixed Veg and Gravy	Our CHIPOLATA SAUSAGES ^{①②⑨⑭} Baby Potatoes, Peas, Carrots & Gravy	BEEF SPAGHETTI BOLOGNESE ^{②①⑧} Tomato & Veg Sauce with a side of Garlic Bread ^②
	MAIN COURSE 2	QUORN PIE ^② Mashed Potato, Mixed Veg and Gravy	VEGETARIAN SAUSAGES ^{①②⑨⑭} Baby Potatoes, Peas, Carrots & Gravy	VEGETABLE SPAGHETTI BOLOGNESE ^{②①⑧} Tomato & Veg Sauce with a side of Garlic Bread ^②
	JACKET OPTION	JACKET POTATO with Ham & Cheese ^⑦	JACKET POTATO with Rataouille ^{①①②⑧}	JACKET POTATO with Tuna ^⑤ & Sweet Corn
	PUDDING	BANANA CAKE ^{②④}	CARROT CAKE ^②	CITRUS CAKE ^②
FRIDAY	MAIN COURSE 1	FISH ^⑤ FINGERS ^② with Chips and Peas	JACKET POTATO with Tuna ^⑤ & Sweet Corn	FISH ^⑤ FINGERS ^② with Mashed Potato and Peas
	MAIN COURSE 2	VEGETABLE FINGERS ^② with Chips and Peas	JACKET POTATO with Cheese ^⑦ & Baked Beans ^{①②⑧}	VEGETABLE FINGERS ^② with Mashed Potato and Peas
	JACKET OPTION	JACKET POTATO with Chicken & Creamy ^⑦ Mushroom Sauce	JACKET POTATO with Baked Beans ^{①②⑧} & Ham	JACKET POTATO with Cheese ^⑦ & Baked Beans ^{①②⑧}
	PUDDING	Freshly Prepared FRESH FRUIT JELLY ^{③④⑥⑦} Real Fresh Fruit Pieces in Fruit Jelly	CHOCOLATE COOKIE ^②	Freshly Prepared FRESH FRUIT JELLY ^{③④⑥⑦} Real Fresh Fruit Pieces in Fruit Jelly

Milk & Freshly Baked Wholegrain Bread is included with this Menu. A daily option of Oily Fish is also offered (Food Plan recommendation) and Fresh Fruit is available as an alternative pudding.

Allergen & Intolerance codes accompany each Item with an explanation in the Key below. Please be aware all food types are used in our Kitchens.

- devised and independently verified in accordance to the School Food Plan 2015 -

ALLERGENS (Using FSA Codes): Celery^①; Cereals (Gluten)^②; Eggs^④; Fish^⑤; Milk^⑦; Mustard^⑨; Nuts^⑩; Peanuts^⑪; Sesame Seeds^⑫; Soya^⑬; Sulphites^⑭

INTOLERANCES: Tomato Products^① Capsicum Products^② Soft Fruit Products^③ Beef^④ Aubergine^⑤ Apple^⑥ Oranges^⑦ Onion^⑧

We have eliminated Palm Oil Ingredients where currently possible. Substitute menus are available but may be an additional charge