

SCHOOL MEAL MENU OPTIONS

*** Great Food for Thought ***

Menu Starting
January 2024

		HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN COURSE 1	SAUSAGE ROLL ^{①②⑦⑨⑭} , Mashed Potato & Garden Peas	MILD CHICKEN CURRY ^{⑨①②⑧} served with Rice and Mixed Vegetables	BEEF SPAGHETTI BOLOGNESE ^{②①⑧} Tomato & Veg Sauce with a side of Garlic Bread ^②
	MAIN COURSE 2	VEGETARIAN SAUSAGE ROLL ^② Mashed Potato & Garden Peas	MILD QUORN CURRY ^{⑨①②⑧} served with Rice and Mixed Vegetables	VEGETABLE SPAGHETTI BOLOGNESE ^{②①⑧} Tomato & Veg Sauce with a side of Garlic Bread ^②
	JACKET OPTION	JACKET POTATO with Tuna ^⑤ & Sweet Corn	JACKET POTATO with Rataouille ^{①①②⑧}	JACKET POTATO with Tuna ^⑤ & Sweet Corn
	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 Diced Vegetable & Tomato Sauce	HAM & CHEESE PIZZA ^{②⑦①} Wedges with a Salad Side	MACARONI ^② , HAM & CHEESE ^⑦ with Broccoli
	MAIN COURSE 2	BECHEMEL TOPPED QUORN PASTA BAKE ^{②⑦} Quorn in Diced Vegetable & Tomato Sauce	PIZZA MARGHERITA ^{②⑦①} Wedges with a Salad Side	MAC'N'CHEESE ^{②⑦} with Broccoli
	JACKET OPTION	JACKET POTATO with Chicken & Smoky Bacon Creamy Sauce ^⑦	JACKET POTATO with Tuna ^⑤ Melt ^⑦	JACKET POTATO with Chicken & Creamy ^⑦ Mushroom Sauce
	PUDDING	CHERRY FLAPJACK ^②	Home Made SULTANA 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 & Apple ^{⑭⑥} Sauce Seasonal Greens, Roast Potatoes & Gravy	VEGETABLE BURGERS ^{②④} with Seasonal Greens, Roast Potatoes & Gravy
	JACKET OPTION	JACKET POTATO with Ham & Cheese ^⑦	JACKET POTATO with Bacon & Cheese ^⑦	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 ^{②④} FINGERS
THURSDAY	MAIN COURSE 1	HAM & CHEESE ^⑦ PINWHEELS with French Fries & Baked Beans ^{①②⑧}	Our CHIPOLATA SAUSAGES ^{①②⑨⑭} Baby Potatoes, Peas, Carrots & Gravy	MILD BEEF CHILLI ^{④⑧} in a Tomato ^① Sauce with Rice and Mixed Veg
	MAIN COURSE 2	CHEESEY ^⑦ PINWHEELS with French Fries & Baked Beans ^{①②⑧}	VEGETARIAN SAUSAGES ^{①②⑨⑭} Baby Potatoes, Peas, Carrots & Gravy	MILD VEGETABLE CHILLI ^{④⑧} in a Tomato ^① Sauce with Rice and Mixed Veg
	JACKET OPTION	JACKET POTATO with Rataouille ^{①①②⑧}	JACKET POTATO with Chicken & Creamy ^⑦ Mushroom Sauce	JACKET POTATO with Bacon & Cheese ^⑦
	PUDDING	BANANA CAKE ^{②④}	CARROT CAKE ^{②④}	LEMON MUFFIN ^{②④}
FRIDAY	MAIN COURSE 1	FISH ^⑤ FINGERS ^② with Mashed Potato and Peas	TUNA PASTA BAKE ^{②⑦} with Sweet Corn & Peas	FISH ^⑤ FINGERS ^② , CHIPS & PEAS with Home Made Smooth Tomato Sauce ^①
	MAIN COURSE 2	VEGETABLE FINGERS ^② with Mashed Potato and Peas	VEGETABLE PASTA BAKE ^{②⑦} with Sweet Corn & Peas	VEGETABLE FINGERS ^② , CHIPS & PEAS with Home Made Smooth Tomato Sauce ^①
	JACKET OPTION	JACKET POTATO with Mild Beef Chilli ^{①④⑧} & Cheese ^⑦	JACKET POTATO with Baked Beans ^{①②⑧} & Ham	JACKET POTATO with Mild Curried Vegetables ^{⑨①②⑧}
	PUDDING	Freshly Prepared FRESH FRUIT JELLY ^{③④⑥⑦} Real Fresh Fruit Pieces in Fruit Jelly	CHOCOLATE COOKIE ^{②⑦}	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