

School Menus - Week 1 – Term: Spring 2019					
Menu Course	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pasta bolognaise	Roast chicken	Smoked mackerel	Beef lasagne	Sausage- Pork
Vegetarian Main Meal	Macaroni cheese	Vegetarian cobbler	Pizza- Cheese & tomato	Vegetarian lasagne	Quorn sausage
Vegetables	Sweetcorn	Carrots	Parsnips	Green beans	Leeks
	Broccoli	Peas	Mixed vegetables	Carrots	Baked beans
	Salad	Salad	Salad	Salad	Salad
Carbohydrates	Pasta	Roast potatoes	New potatoes Garlic bread	New potatoes	Chips
Desserts	Chocolate sponge & Chocolate sauce	Pancakes	Flapjack	Date slice	Fruit jelly
	Fruit yoghurt	Fruit yoghurt	Fruit yoghurt	Fruit yoghurt	Fruit yoghurt
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Tray bakes	Tray bakes	Tray bakes	Tray bakes	Tray bakes
Jacket with fillings	Jacket potato selection	Jacket potato selection	Jacket potato selection	Jacket potato selection	Jacket potato selection
Sandwiches & Baguettes	Assorted baguettes	Assorted baguettes	Assorted baguettes	Assorted baguettes	Assorted baguettes
	Salad box	Salad box	Salad box	Salad box	Salad box
Pasta pots	Chicken tikka	Bolognaise	Italian Chicken	Macaroni Cheese	Pepperoni
Drinks	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice
	Milk- semi skimmed	Milk- semi skimmed	Milk- semi skimmed	Milk- semi skimmed	Milk- semi skimmed
	Water	Water	Water	Water	Water

School Menus –Week 2 – Term: Spring 2019

Menu Course	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Barbeque chicken	Roast pork	Spicy chicken wrap	Cottage pie	Breaded cod
Vegetarian Main Meal	Vegetable tagine	Vegetarian sausage casserole	Pizza- Cheese & tomato	Savoury cheese bake	Pizza omelette
Vegetables	Sweet corn	Carrots	Mixed vegetables	Green beans	Leeks
	Broccoli	Peas	Broccoli	Carrots	Sweetcorn
	Salad	Salad	Salad	Salad	Salad
Carbohydrates	Couscous Rice	Roast potatoes	Garlic bread		Chips
Desserts	Jam sponge & Custard	Rice pudding & jam	Chocolate crispie	Bread & butter Pudding	Jammy biscuit
	Fruit yoghurt	Fruit yoghurt	Fruit yoghurt	Fruit yoghurt	Fruit yoghurt
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Tray bakes	Tray bakes	Tray bakes	Tray bakes	Tray bakes
Jacket with fillings	Jacket potato selection	Jacket potato selection	Jacket potato selection	Jacket potato selection	Jacket potato selection
Sandwiches & Baguettes	Assorted baguettes	Assorted baguettes	Assorted baguettes	Assorted baguettes	Assorted baguettes
	Salad box	Salad box	Salad box	Salad box	Salad box
Pasta pots	Chicken tikka	Bolognaise	Italian Chicken	Macaroni Cheese	Pepperoni
Drinks	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice
	Milk- semi skimmed	Milk- semi skimmed	Milk- semi skimmed	Milk- semi skimmed	Milk- semi skimmed
	Water	Water	Water	Water	Water

School Menus – Week 3 – Term: Spring 2019

Menu Course	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken tikka	Gammon	Minced beef cobbler	Fish fingers	Chicken bites
Vegetarian Main Meal	Broccoli & cauliflower cheese	Quorn fillet	Pizza- Cheese & tomato	Cheese & onion flan	Spicy vegetable wrap
Vegetables	Sweetcorn	Carrots	Mixed vegetables	Baked beans	Sweetcorn
	Broccoli	Peas	Parsnips	Carrots	Curly kale
	Salad	Salad	Salad	Salad	Salad
Carbohydrates	New potatoes Rice Naan bread	Roast potatoes	Garlic bread New potatoes	Herby diced potatoes	Chips
Desserts	Syrup sponge & Custard	Apple crumble & custard	Apricot & cherry Cereal bars	Chocolate dessert	Chocolate muffin
	Fruit yoghurt	Fruit yoghurt	Fruit yoghurt	Fruit yoghurt	Fruit yoghurt
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Tray bakes	Tray bakes	Tray bakes	Tray bakes	Tray bakes
Jacket with fillings	Jacket potato selection	Jacket potato selection	Jacket potato selection	Jacket potato selection	Jacket potato selection
Sandwiches & Baguettes	Assorted baguettes	Assorted baguettes	Assorted baguettes	Assorted baguettes	Assorted baguettes
	Salad box	Salad box	Salad box	Salad box	Salad box
Pasta pots	Chicken tikka	Bolognaise	Italian Chicken	Macaroni Cheese	Pepperoni
Drinks	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice
	Milk- semi skimmed	Milk- semi skimmed	Milk- semi skimmed	Milk- semi skimmed	Milk- semi skimmed
	Water	Water	Water	Water	Water