



### Week 1

Weeks Starting:

05/11 | 03/12 | 14/01 | 11/02 | 18/03

### Week 2

Weeks Starting:

12/11 | 10/12 | 21/01 | 25/02 | 25/03

### Week 3

Weeks Starting:

19/11 | 17/12 | 28/01 | 04/03 | 01/04

### Week 4

Weeks Starting:

26/11 | 07/01 | 04/02 | 11/03 | 08/04

## Monday

Salmon Nibbles Or  
H-M Margarita Pizza

Jacket Potato, Spaghetti Hoops,  
Petit Pois



Raspberry Oat Slice & Custard

Fish Stars & H-M Parsley Sauce Or  
H-M Veggie Mince Lasagne

Roast Potatoes, French Stick,  
Peas, Sweetcorn

H-M Cream Cupcake

Roast Turkey Or  
Veggie 'Meatfree' Balls

Roast Potatoes, Mixed Veg, Broccoli,  
Stuffing, Gravy

H-M Cookies

Fish in Breadcrumbs Or  
H-M Cheesy Scrolls

Jacket Potato, Cucumber Sticks,  
Sweetcorn, Tomato Sauce

H-M Strawberry Muffin

## Tuesday

Fresh Roast Chicken Or  
Quorn Roast

Creamed Potatoes, Roast Parsnips,  
Carrots, Stuffing, Gravy

Angel Delight

H-M Cornish Pasty Or  
Cheese & Potato Slice

Chips, Baked Beans, Petit Pois

H-M Cornflour Biscuit

H-M Beef Lasagne Or  
Tuna Mayo & Pasta Or  
H-M Macaroni Cheese

French Stick, Cherry Tomatoes,  
Sweetcorn

Jelly, Fruit 'N' Cream

Fresh Pork Sausage Or  
Best of Quorn Sausage

Creamed Potatoes, Yorkshire Pudding,  
Carrots, Peas, Gravy

H-M Fudge Cake

## Wednesday

Fresh Bacon Or  
Quorn Sausage

Hash Browns, Baked Beans,  
Fresh Mushrooms

H-M Chocolate Orange Muffin

Fresh Chicken Or  
Quorn Fillet

Curry Sauce (Optional), Rice,  
Naan Bread, Green Beans, Sweetcorn

H-M Chocolate Biscuit

Fresh Beefburger Cob Or  
Quorn Burger Cob

Diced Potatoes, Baked Beans,  
Gherkins

H-M Flapjack

Fishfingers Or  
H-M Sweet Potato & Halloumi Curry

Chips, Petit Pois,  
Sweetcorn

H-M Chocolate Cornflake Cake

Sandwich Option  
available every day—  
cheese/meat or fish

## Thursday

H-M Beef Bolognese & Pasta Or  
Tuna Mayo & Pasta Or  
H-M Tomato Pasta Bake

French Stick, Mixed Veg, Sweetcorn

H-M Cherry Shortbread

Roast Beef Or  
Veggie 'Meatfree' Balls

Creamed Potatoes, Cauliflower, Peas,  
Yorkshire Pudding, Gravy

Strawberry Cheesecake

H-M Hot 'N' Kickin' Chicken Wrap Or  
H-M Hot 'N' Kickin' Quorn Wrap Or

H-M Pizza Wrap

Rice, Sweetcorn,  
Petit Pois

H-M Shortbread Flowers

H-M Breaded Chicken Or  
Quorn Dippers

Potato Waffles, Spaghetti Hoops,  
Cherry Tomatoes

Chocolate Crunch & Chocolate Sauce

## Friday

Fishcake Or  
H-M Cheese Omelette Or

H-M Vegetable Chilli Tortilla Pot

Potato Waffles, Sweetcorn,  
Mushy Peas, Tomato Sauce

H-M Goopy Chocolate Cake

Fresh Pork Sausage Cob Or  
Veggie Sausage Cob

Potato Smiles, Cherry Tomatoes,  
Spaghetti Hoops

H-M Pineapple Crumble & Custard

H-M Salmon Parcel Or  
Cheese Panini Melt



Potato Noisettes, H-M Coleslaw,  
Sweetcorn

H-M Orange Sponge & Custard

H-M Fresh Savoury Minced Beef Or  
H-M Savoury Quorn Mince Or

Hot Mozzarella Wrap

Pasta Twirls, Broccoli,  
Carrot Batons

H-M Crunchy Oat Biscuit

H-M – Homemade

Except for meat, all food is suitable for vegetarians. See website for allergen information.

Bread, Salad, Yoghurts and Fruit Available Every Day!

## Sandwich Menu

The sandwich option includes trio of salad items, pudding and a choice of either fruit, yogurt or cheese and biscuits

Week 1

- Monday—Ham or Cheese filled Wraps
- Tuesday—Tuna or Cheese on Wholemeal Bread
- Wednesday—Turkey or Cheese on Tiger Bread
- Thursday—Ham or Cheese filled French Stick
- Friday—Beef or Cheese filled Cob

Week 2

- Monday—Ham or Cheese filled French Stick
- Tuesday—Tuna or Cheese on Tiger Bread
- Wednesday—Ham or Cheese on Wholemeal Bread
- Thursday—Turkey or Cheese filled Wraps
- Friday—Beef or Cheese filled Cob

Week 3

- Monday—Ham or Cheese filled Wraps
- Tuesday—Turkey or Cheese filled French Stick
- Wednesday—Tuna or Cheese on Tiger Bread
- Thursday—Ham or Cheese filled Cob
- Friday—Beef or Cheese on 50/50 Bread

Week 4

- Monday—Ham or Cheese on 50/50 Bread
- Tuesday—Beef or Cheese filled French Stick
- Wednesday—Turkey or Cheese on Tiger Bread
- Thursday—Tuna or Cheese filled Cob
- Friday—Ham or Cheese filled Wraps

## 10 REASONS TO HAVE A

### SCHOOL LUNCH

1. We offer a variety of foods over a four week cycle.
2. Fresh salad bar and fruit offered daily
3. Our staff work very hard to ensure that meals are nutritionally balanced.
4. We use local suppliers for our meat, bread, milk and other produce.
5. School meals are a convenient choice for busy parents.
6. We hold theme days throughout the year.
7. 'School meals contain less fat, sugar and salt than the average packed lunch' - School Food Trust 2009.
8. We ensure children have appropriate portions.
9. Children in Foundation, Year 1 and 2 are entitled to a fully government funded lunch.
10. Sitting down to a school meal with friends helps develop good table manners and social skills.