

SCHOOL MEAL MENU OPTIONS

*** Great Food for Thought ***

Menu Commencing
September 2018

		HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN COURSE 1	MINCED BEEF ④ & VEGETABLE COBBLER in Gravy with a Savoury Scone ② and Baby Potatoes	SWEET 'n' SOUR PORK ① Diced Pork, Pineapple & Crisp Vegetables on a bed of Rice	SPAGHETTI ② BOLOGNAISE ① ④ with Green Salad
	MAIN COURSE 2	MIXED VEGETABLE & LENTIL COBBLER Mixed Veg, Gravy, Savoury Cobbler ② & Sweet Potato	SAVOURY RICE Mixed Beans & Mixed Vegetables with Savoury Rice	SPINACH FRITTATA Sliced Sweet Potato, Fresh Spinach & Egg ④ ⑦ with Salad
	PUDDING	GINGERBREAD MAN ② Classic Favourite Biscuit	MILK CHOCOLATE MOUSSE ⑦ Delightfully Delicious	LOADED STRAWBERRY YOGURT ⑦ ③ Made by an Award Winning Family Dairy Farm
TUESDAY	MAIN COURSE 1	BBQ'd PULLED PORK ① with Peas, Sweetcorn and CousCous ②	BEEF ④ COTTAGE PIE Creamy Mashed Potato ⑦, Lean Beef with Peas & Carrots	Home made PORK SAUSAGES ⑭ with Creamy Mashed Potato ⑦ and Baked Beans ①
	MAIN COURSE 2	SEASONAL VEGETABLE CRUMBLE ② ⑦ Mixed Vegetables in White Sauce ⑦ with Broccoli	VEGETARIAN LENTIL COTTAGE PIE Sweet Potato & Swede Topping with Peas & Carrots	QUORN SAUSAGES ② ④ with Sweet Potato & Swede Mash and Peas
	PUDDING	VANILLA YOGURT ⑦ Made by an Award Winning Family Dairy Farm	WINTER SPONGE ② ④ ⑦ with Custard ⑦	DATE CRISP Rice Crispies ② & Dates bound together with Cocoa
WEDNESDAY	MAIN COURSE 1	ROAST TURKEY with home made Stuffing ② Seasonal Greens, Roast Potatoes & Gravy	ROAST PORK & Apple ⑥ Sauce with Seasonal Greens, Roast Potatoes & Gravy	ROAST BEEF ④ & Yorkshire Pudding ② ⑦ with Seasonal Greens, Roast Potatoes & Gravy
	MAIN COURSE 2	QUORN ROAST with home made Stuffing ② Seasonal Greens & Roast Sweet Potatoes	ROAST VEGETARIAN LOAF ② & Apple ⑥ Sauce with Seasonal Greens & Roast Sweet Potatoes	MAC ② 'n' CHEESE ⑦ with Broccoli and Sweetcorn
	PUDDING	LOADED BANANA CAKE ② ④ Moist cake winner	LOADED PEACH YOGURT ⑦ Made by an Award Winning Family Dairy Farm	CHERRY SHORTBREAD BISCUIT ② ④ ⑦
THURSDAY	MAIN COURSE 1	MILD CHICKEN CURRY ⑨ ② Delicately seasoned Mild Curry with Rice	CHICKEN CHASSEUR ① Served with Pasta Twirls ② and Broccoli	CHINESE CHICKEN & RICE Chicken in Chinese Dressing ⑬ with Carrots & Cabbage ②
	MAIN COURSE 2	VEGETABLE COCONUT CURRY ⑨ Mild Chick Pea Curry with Coconut on a bed of Rice	HALLOUMI ⑦ with Roasted Vegetables and CousCous ②	TOMATO ① and Mixed Bean PASTA BAKE ② with Broccoli
	PUDDING	FRESH FRUIT JELLY ③ ⑦ Real Fresh Fruit Pieces in Fruit Jelly	APPLE ⑥ & FRESH RASPBERRY ③ PIE ② with Pouring Custard ⑦	LOADED BANANA OAT SLICE ② with Pouring Custard ⑦
FRIDAY	MAIN COURSE 1	FISH FINGERS ⑤ ② with Chips and Sweet Corn	COD GOJONS ⑤ ② with Creamy Mashed Potato ⑦ & Baked Beans ①	BATTERED COD ⑤ ② ⑦ with Baby Potatoes & Peas
	MAIN COURSE 2	Home made FALAFEL BURGERS Mixed Green Salad served with Wholemeal Pitta Bread	SALMON ⑤ & BROCCOLI PASTA ② Broccoli, Flakes of Salmon in sauce ⑦ on Pasta with Salad	BEAN BURGER ② with Sweet Potato Wedges and Peas
	PUDDING	CHOCOLATE BEETROOT CAKE ② ④ Naturally Sweet and full of flavour	LOADED FRUIT FLAPJACK FINGERS Home made using Wholegrain Oats ②, Butter ⑦	CHOCOLATE & COURGETTE CAKE ②

Milk & Freshly Baked Wholegrain Bread is included with this Menu. Fresh Fruit & Oily Fish options (Food Plan recommendation) are always available daily. When using Rice, Pasta and Flour in our recipes, we use a combination of both White and Brown. Allergen & Intolerance codes accompany each Item with an explanation in the Key below.

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

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

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

Please be aware we use all types of foods in our Kitchens. Substitute foods are available subject to an additional charge