

	Monday	Tuesday	Wednesday	Thursday	Friday Meat Free Day	Week Commencing
Week 1	*Gammon Steak & Pineapple Jacket Potato Peas & Sweetcorn * Beef Grill in a Bun Peas & Sweetcorn (v) Marinated Sweet Chilli * Quorn with Rice Peas & Sweetcorn Tomato & Herb Bread Chocolate Oatcake -or- Frozen Yoghurt Juice Drink	Turkey Pie Diced Potato Green Beans & Carrots Beef Lasagne Diced Potato Green Beans & Carrots (v) Vegetable Lasagne Diced Potato Green Beans & Carrots Garlic Bread Fruit Muffin -or- Apple & Orange Slices Milk Shake	Roast Chicken Breast Sage & Onion Stuffing Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Carrots with Gravy * Breaded Pollack Nuggets Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Carrots (v) Spicy Bean Hot pot Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Carrots Sliced Wholemeal Bread Pineapple upside down Sponge with Custard or Seasonal Fresh Fruit Salad	Sweet & Sour Pork & stir-fry Vegetables With Noodles * Cheese & Tomato Pizza Jacket Potato Mixed Vegetables (v) Spanish Omelette Jacket Potato Mixed Vegetables Sliced Wholemeal Bread Flapjack with Pumpkin Seeds & Raisins -or- Portion of Dried Apricots Milk Shake	* Pasta King Basil & Tomato Pasta Broccoli & Sweetcorn * Breaded Alaskan Salmon Fillet with Parsley sauce Fresh Creamed Potatoes Broccoli & Sweetcorn (v) * Vegetable Country Bake Fresh Creamed Potatoes Broccoli & Sweetcorn Garlic Bread Carrot Cake with Custard -or- Bananas and Custard	31 October 2011 21 November 2011 12 December 2011 16 January 2012 6 February 2012 5 March 2012 26 March 2012
Week 2	Chilli Con Carne with Rice Mixed Vegetables Macaroni Cheese Mixed Vegetables (v) Vegetable Chilli with Rice Mixed Vegetables Crusty Bread Ginger Fudge Cake -or- Ice Cream Sponge Roll Milk Shake	* Pork Meat Balls in gravy Diced Potatoes Peas & Sweetcorn * Breaded Pollock Fillet Diced Potatoes Peas & Sweetcorn (v) Cheese & Tomato Pizza Diced Potatoes Peas & Sweetcorn Lumpy Bumpy Bread Rice Pudding with Raisins & Sultanas -or- Angel Delight & Tinned Fruit	Roast Pork with apple sauce Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Swede with Gravy Chicken Casserole Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Swede (v) *Tasty Bean Bake Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Sweetcorn Sliced Wholemeal Bread Steamed Syrup Sponge with Custard or Seasonal Fresh Fruit salad	* Pasta King Chicken Torino Broccoli & Carrots Beef Cottage Pie Broccoli & Carrots with Gravy (v) *Quorn Spaghetti Bolognaise Broccoli & Carrots Tomato & Herb Bread Honey Oat Bar -or- Cheese & Grapes with Crackers Milk Shake	* Pollock Fillet Fish Fingers Potato Wedges Peas & Carrots Mixed Pepper Quiche Potato Wedges Peas & Carrots (v) Ratatouille with Pasta Peas & Carrots Sliced Wholemeal Bread Date & Oat Delight -or- Seasonal Fresh Fruit salad Juice Drink	7 November 2011 28 November 2011 4 January 2012 23 January 2012 20 February 2012 12 March 2012 2 April 2012.
Week 3	Beef Spaghetti Bolognaise Peas & Carrots * Deli Chicken Chunks in a Wrap Potato Wedges Peas & Carrots (v) Vegetable Risotto Peas & Carrots Garlic Bread Wholemeal Fruit Scone -or- Portion of Dried Fruit Milk Shake	Chicken Curry with Rice Broccoli & Carrots * Pork Loin Steak Fresh Creamed Potatoes Broccoli & Carrots with Gravy (v) Vegetable Curry with Rice Broccoli & Carrots Naan Bread Melting Moments -or- Apple & Cheese with Crackers Juice Drink	Roast Beef with Yorkshire Pudding Oven Baked Dry Roasted Potatoes Broccoli & Carrots with Gravy Chicken, Broccoli & Pasta Bake Oven Baked Dry Roasted Potatoes Broccoli & Carrots (v) Cheesy Jacket Potatoes Broccoli & Carrots Sliced Wholemeal Bread Apple Crumble with Custard -or- Seasonal Fresh Fruit salad	* Breaded Salmon Nuggets Low Fat Chips Baked Beans & Mushy Peas * Baked Sausages Low Fat Chips Baked Beans & Mushy Peas (v) Vegetarian (Quorn) Sausage Low Fat Chips Baked Beans & Mushy Peas Lumpy Bumpy Bread Chelsea Bun -or- Apple & Orange Slices Milk Shake	* Cheese & Tomato Pizza Potato Wedges Peas & Sweetcorn * Breaded Alaskan Salmon Fillet with Parsley Sauce Potato Wedges Peas & Sweetcorn (v) * Pasta King Vegetarian Bolognese Peas & Sweetcorn Sliced Wholemeal Bread Chocolate Cake with Vanilla Sauce -or- Fruit Jelly with Low Fat Yoghurt	14 November 2011 5 December 2011 9 January 2012 30 January 2012 27 February 2012 19 March 2012 23 April 2012



(v) Is the Vegetarian option



Available daily:
 Jacket Potato
 Seasonal Salad Bar
 Seasonal Fruit Bowl
 Muller Fruit Yoghurt
 Chilled Water

Our Dishes are prepared fresh each day.
 * Denotes Purchased Products.
 Menus may change to meet customers preferences or if the school have a promotional event.
 Fresh fruits and vegetables used are subject to seasonal variation.
 A range of locally sourced products are used.

We are proud to support Wallace and Gromit's Children's Foundation on behalf of Pasta King. For every case of Pasta King sauces we buy the company will donate £1 on our behalf to the charity.

