

































WEEK ONE

Week Commencing: 6th May / 3rd June / 24th June / 2nd September / 23rd September / 14th October 2019.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Goujons in a wrap with Diced Potatoes Sweetcorn & Peas	 Sausages Pork & Beef Creamed Potatoes Carrots & Green Beans Gravy	 Roast Chicken Breast with Sage & Onion Stuffing Roast Potatoes Broccoli & Cauliflower Gravy	 Pasta Bolognese made with Organic Minced Beef Garlic Bread Peas & Sweetcorn	Cheese & Tomato Pizza Chips Seasonal Mixed Salad or Baked Beans & Peas
 Bacon Steak with Pineapple Diced Potatoes Sweetcorn & Peas	 Sweet Chilli Chicken With Egg Noodles Carrots & Green Beans	 Cottage Pie made With Organic Minced Beef Broccoli & Cauliflower with Gravy	 Pork Loin Slice Potato Wedges Peas & Sweetcorn with Gravy	MSC Seaside Style Battered Fillet of Fish Chips Seasonal Mixed Salad or Baked Beans & Peas
 Quorn Dippers Diced Potatoes Sweetcorn & Peas	 Vegetarian Sausage Creamed Potatoes Carrots & Green Beans Gravy	 Quorn Roast Roasted Potatoes Broccoli & Cauliflower with Gravy	 Cheese & Tomato Pasta Bake with Garlic Bread Peas & Sweetcorn	 Vegetarian Keema Curry with Rice & Seasonal Vegetables
 Chocolate Shortbread ** Juice Drink	Ice Cream Sponge ** Milk Shake	 Apple Strudel With Custard Sauce	 Carrot Cake With Custard Sauce	 Lancashire Biscuits Or Fresh Fruit Salad



WEEK TWO

Week Commencing: 13th May / 10th June / 1st July / 9th September / 30th September / 21st October 2019.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 All Day Breakfast Hash Brown Baked Beans & ½ Baked Tomato	 Beef Lasagne made with Organic Minced Beef Carrots & Peas Served with Garlic Bread	 Roast Pork with Apple Sauce Roast Potatoes Cabbage & Sliced Carrots with Gravy	 Pork Meatballs in Tomato Sauce with Pasta & Mixed Vegetables	Cheese & Tomato Pizza Potato Wedges Peas & Sweetcorn
Cornish Pasty Potato Wedges Baked Beans & Peas	 Bacon Steak Creamed Potatoes Carrots & Peas	 Roast Chicken Breast with Sage & Onion Stuffing Roast Potatoes Cabbage & Sliced Carrots with Gravy	 Cheese Whirl ½ Jacket Potato Mixed Salad or Mixed Vegetables	MSC Fish Fingers Potato Wedges Peas & Sweetcorn
 Vegetarian All Day Breakfast Hash Brown Baked Beans & ½ Baked Tomato	 Vegetarian Lasagne Served with Garlic Bread Carrots & Peas	 Quorn Roast with Sage & Onion Stuffing Roast Potatoes Cabbage & Sliced Carrots Gravy	 Quorn Swedish Balls In Tomato Sauce with Pasta & Mixed Vegetables	Quorn Fishless Fingers Potato Wedges Peas & Sweetcorn Or Seasonal Salad
 Banana Loaf and Custard	 Melting Moments ** Juice Drink	 Apple Crumble served with Custard Sauce Or Fresh Fruit Salad	 Fruit Muffin ** Milk Shake	 Chocolate Flapjack ** Juice Drink

WEEK THREE


Week Commencing: 20th May / 17th June / 8th July / 16th September / 7th October / 4th November 2019.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Beef Grill Diced Potato Peas & Sweetcorn	MSC Seaside Style Battered Fillet of Fish Potato Wedges Sweetcorn & Green Beans	 Roast Beef with Yorkshire Pudding Roast Potatoes, Broccoli & Carrots with Gravy	 Beef Chilli made with Organic Minced Beef with Rice Carrots & Peas	Cheese & Tomato Pizza Chips Baked Beans or Seasonal Mixed Salad & Appleslaw
 Pork Loin Slice Diced Potatoes Peas & Sweetcorn	 Chicken Curry with Rice & Naan Bread Sweetcorn & Green Beans	Pulled Pork With Yorkshire Pudding Roast Potatoes Broccoli & Carrots & Gravy	 Chicken Chow Main With Egg Noodles Carrots & Peas	MSC Salmon Fillet Chips Baked Beans or Seasonal Mixed Salad & Appleslaw
 Macaroni Cheese Peas & Sweetcorn	 Quorn & Broccoli Bake Potato Wedges Sweetcorn & Green Beans	Quorn Tikka Pasty With Roast Potatoes Broccoli & Carrots	 Cheesy Stuffed Jacket Potato Carrots & Peas	 Quorn Kentucky Burger in a Bun with Chips, Baked Beans or Seasonal Mixed Salad & Appleslaw
Iced Smoothie	 Bakewell Tray Bake ** Milk Shake	 Chocolate & Orange Sponge with Custard Sauce	 Iced Bun ** Juice Drink	 Apple Eves Sponge With Custard Sauce Or Fresh Fruit Salad

ALTERNATIVES AVAILABLE DAILY

Seasonal fruit platter / Yeo Valley organic fruit yoghurt / Ambrosia rice pot / cheese with crackers and a choice of fruit juice drink. Jacket potato / rice / pasta / egg noodles or couscous can be substituted for potatoes. A seasonal salad bar is available to choose from daily. Ketchup available with selected dishes.



 Denotes freshly prepared dishes.
Menus may change to meet customers' preferences, a promotional event and seasonal variation.
A range of locally sourced products are used when available and all our fish comes from an MSC certified sustainable fishery.
Allergies - please contact your school cook for more information about the content of menu items.



FreshCook