






























WEEK ONE

Week Commencing: 20th November 2017 / 11th December / 8th January 2018 / 29th January / 26th February / 19th March 2018.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Roast Pork Potato Smiles Green Beans & Diced Carrots with Gravy	 Pork Meatballs served with Gravy Diced Potatoes Mixed Vegetables	 Cottage Pie made with Organic Minced Beef Broccoli & Cauliflower with Gravy	 Pasta Bolognese made with Organic Minced Beef Garlic Bread Peas & Sweetcorn	Cheese & Tomato Pizza Potato Wedges Seasonal Mixed Salad or Seasonal Vegetables
Omelette Potato Smiles Green Beans & Diced Carrots	 Vegetarian Quiche Couscous Mixed Vegetables	 Roast Turkey Roasted Potatoes Broccoli & Cauliflower with Gravy	 Roast Chicken Breast with Sage & Onion Stuffing Creamed Potatoes Peas & Sweetcorn	Fish Cake Potato Wedges Seasonal Vegetables
 Macaroni Cheese Green Beans & Diced Carrots	 Quorn Swedish-style Balls served in Gravy Diced Potatoes Mixed Vegetables	Cornish Cheese & Onion Pasty Roasted Potatoes Broccoli & Cauliflower with Gravy	Country Bake Creamed Potatoes Peas & Sweetcorn	 Meat Free Sausage Casserole with Potato Wedges & Seasonal Vegetables
Ice Cream Tub	 Oat & Fruit Delight ** Milk Shake	 Apple Crumble With Custard Sauce	 Chocolate Flapjack	Melting Moment Biscuit ** Juice Drink


WEEK TWO

Week Commencing: 6th November 2017 / 27th November / 18th December / 15th January 2018 / 5th February / 5th March / 26th March.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Bacon Steak With Pineapple Chips Baked Beans & Peas	 Beef Lasagne made with Organic Minced Beef Carrots & Broccoli Served with Garlic Bread	 Roast Pork with Apple Sauce Roast Potatoes Cabbage, Carrots & Gravy	 Beef Grill Potato Wedges with Mixed Salad or Mixed Vegetables	Cheese & Tomato Pizza with Potato wedges Peas & Sweetcorn
Southern Style Chicken Goujons Chips Baked Beans & Peas	 Roast Chicken Breast with Sage & Onion Stuffing Herby Diced Potatoes Carrots & Broccoli	Traditional Cornish Pasty Roast Potatoes Cabbage & Carrots with Gravy	 Cheesy Jacket Potato With Baked Beans & Mixed Vegetables	Fish Fingers Potato wedges Peas & Sweetcorn
 Quorn Dippers Chips Baked Beans & Peas	 Vegetarian Lasagne with Garlic Bread Carrots & Broccoli	 Macaroni Cheese, Carrots & Peas	 Quorn Burger Potato Wedges with Mixed Salad or Mixed Vegetables	 Crunchy Vegetable Crumble Potato wedges Peas & Sweetcorn
 Iced Bun ** Juice Drink	 Jelly with Tinned Fruit	 Chocolate & Orange Sponge served with Vanilla Sauce	 Rice Pudding with Mandarins	 Chocolate Coconut Slice ** Juice Drink

WEEK THREE

Week Commencing: 13th November 2017 / 4th December / 1st January 2018 / 22nd January / 12th February / 12th March / 16th April.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Pork Sausages Diced Potatoes Peas & Sweetcorn with Gravy	 Chicken & Chick Pea Curry with Rice & Naan Bread 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 & Coleslaw
 Chicken Pasta Bake Peas, Sweetcorn	Seaside Style Fillet of Fish Potato Wedges with Sweetcorn & Green Beans	 Chicken Breast Roast Potatoes, Broccoli & Carrots with Gravy	 Ham & Cheese Pizza Pinwheel Savoury Rice Carrots & Peas	Lemon Salmon Fillet Chips Baked Beans or Seasonal Mixed Salad & Coleslaw
 Vegetarian Sausage Diced Potatoes Peas & Sweetcorn with Gravy	 Cheesy Whirl with Potato Wedges Sweetcorn & Green Beans	 Quorn Roast with Yorkshire Pudding Roast Potatoes Broccoli & Carrots & Gravy	 Spicy Bean Hot Pot Served with Savoury Rice, Carrots & Peas	 Meat Free Tikka Pasty Chips, Baked Beans or Seasonal Mixed Salad & Coleslaw
 Jam Sponge with Custard Sauce	 Crunchy Carrot Cookie ** Milk Shake	 Fruit Swirl or Fresh Fruit Salad	Iced Fruit Smoothie	 Shortbread Biscuit ** Juice Drink

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.



MSC - C - 50678

FreshCook