

# WEEK ONE

Week Commencing: 8th May 2017 / 5th June / 26th June / 17th July / 11th September / 2nd October / 30th October.

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
| Roast Pork<br>Potato Smiles<br>Green Beans & Diced Carrots<br>with Gravy | Pasta Bolognaise<br>made with<br>Organic Minced Beef<br>Garlic Bread<br>Peas & Sweetcorn      | Cottage Pie made<br>with<br>Organic Minced Beef<br>Broccoli & Cauliflower<br>with Gravy     | Pork Meatballs<br>served with Gravy<br>Diced Potatoes<br>Mixed Vegetables             | Cheese & Tomato Pizza<br>Potato Wedges<br>Seasonal Mixed Salad or<br>Seasonal Vegetables |
| Omelette<br>Potato Smiles<br>Green Beans &<br>Diced Carrots              | Roast Chicken Breast<br>with<br>Sage & Onion Stuffing<br>Creamed Potatoes<br>Peas & Sweetcorn | Roast Turkey<br>Roasted Potatoes<br>Broccoli & Cauliflower<br>with Gravy                    | Vegetarian Quiche<br>Couscous<br>or<br>Mixed Vegetables                               | Fish Cake<br>Potato Wedges<br>Seasonal Vegetables  |
| Macaroni Cheese<br>Green Beans<br>& Diced Carrots                        | Country Bake<br>Creamed Potatoes<br>Peas & Sweetcorn  | Cornish Cheese &<br>Onion Pasty<br>Roasted Potatoes<br>Broccoli & Cauliflower<br>with Gravy | Quorn<br>Swedish-style Balls<br>served in Gravy<br>Diced Potatoes<br>Mixed Vegetables | Vegetarian Pasta<br>Bolognese<br>with<br>Seasonal Vegetables                             |
| Ice Cream Tub  | Fruit Muffin  | Apple Eve<br>Sponge<br>Custard Sauce  | Chocolate<br>Shortbread<br>Vanilla Sauce  | Melting Moment<br>Biscuit<br>**<br>Milk Shake  |

# WEEK TWO

Week Commencing: 15th May 2017 / 12th June / 3rd July / 24th July / 18th September / 9th October

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| Bacon Steak<br>With Pineapple<br>Chips<br>Baked Beans & Peas     | Beef Lasagne<br>made with<br>Organic Minced Beef<br>Carrots & Broccoli                              | Roast Pork<br>with Apple Sauce<br>Roast Potatoes<br>Cabbage, Carrots & Gravy   | Beef Grill<br>½ Jacket Potato<br>with Mixed Salad<br>or<br>Mixed Vegetables | Cheese & Tomato<br>Pizza with<br>Potato wedges<br>Peas & Sweetcorn |
| Southern Style Chicken<br>Goujons<br>Chips<br>Baked Beans & Peas | Roast Chicken<br>Breast with<br>Sage & Onion Stuffing<br>Herby Diced Potatoes<br>Carrots & Broccoli | Traditional Cornish Pasty<br>Roast Potatoes<br>Cabbage & Carrots<br>with Gravy | Cheesy Jacket Potato<br>With Baked Beans & Mixed<br>Vegetables              | Seaside Style Fillet of Fish<br>Potato wedges<br>Peas & Sweetcorn  |
| Quorn Fillet<br>Chips<br>Baked Beans & Peas                      | Quorn &<br>Broccoli Bake<br>Herby Diced Potatoes<br>Carrots & Broccoli                              | Quorn Roast<br>with Apple Sauce<br>Roast Potatoes<br>Cabbage, Carrots & Gravy  | Vegetarian<br>Lasagne<br>with Mixed Salad<br>or Mixed Vegetables            | Vegetarian Curry<br>Served with Rice<br>Peas & Sweetcorn<br>**     |
| Iced Bun   | Carrot Cake<br>Custard Sauce  | Apple Flapjack<br>Custard Sauce  | Shortbread Biscuit<br>**<br>Milk Shake                                      | Chocolate<br>Oatcake   |

# WEEK THREE

Week Commencing: 1st May 2017 / 22nd May / 19th June / 10th July / 4th September / 25th September / 16th October

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| Pork Sausages<br>Diced Potatoes<br>Peas & Sweetcorn<br>with Gravy      | Chicken Curry<br>with Rice<br>& Naan Bread<br>Sweetcorn & Green Beans | Roast Beef<br>with Yorkshire Pudding<br>Roast Potatoes,<br>Broccoli & Carrots<br>with Gravy | Beef Chilli made<br>with Organic<br>Minced Beef<br>with Rice<br>Carrots & Peas | Cheese & Tomato Pizza<br>Chips<br>Baked Beans or<br>Seasonal Mixed Salad<br>& Coleslaw |
| Traditional Cornish Pasty<br>Diced Potatoes<br>Peas, Sweetcorn & Gravy | Fish Fingers<br>Potato Wedges<br>with<br>Sweetcorn & Green Beans      | Chicken Breast<br>Roast Potatoes,<br>Broccoli & Carrots<br>with Gravy                       | Chicken Pasta Bake<br>Carrots & Peas   | Lemon Salmon Fillet<br>Chips<br>Baked Beans or<br>Seasonal Mixed Salad<br>& Coleslaw   |
| Tasty Bean Bake<br>Diced Potatoes<br>Peas & Sweetcorn<br>with Gravy    | Cheesy Whirl<br>with<br>Potato Wedges<br>Sweetcorn & Green Beans      | Macaroni Cheese<br>Broccoli & Carrots   | Vegetarian Sausage<br>Served with<br>Couscous or Rice<br>Carrots & Peas        | Quorn Burger in a Bun<br>Chips<br>Baked Beans or<br>Seasonal Mixed Salad<br>& Coleslaw |
| Lancashire Biscuit   | Crunchy<br>Carrot Cookie<br>**<br>Milk Shake                          | Chocolate & Pear<br>Sponge<br>with Vanilla Sauce  | Iced Fruit Smoothie  | Pineapple Pudding<br>with Custard Sauce  |

## 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 seafood is MSC certified.  
**Allergies** - please contact your school cook for more information about the content of menu items.



FreshCook