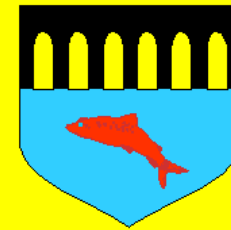




Lunch Menu week One



Commencing Monday 11th September

	Meat Free Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Potato and Chickpea Korma Curry V Or Autumn Veg and Tomato Spaghetti with Parmesan Cheese V	Roast loin of British Pork with Sage and Onion stuffing and Apple Sauce V Or Quorn Lattice Slice	Rich Organic Beef Lasagne or Roast vegetable Omelette Slice V	One pot British Chicken Vegetable Casserole Or Golden Squash and veggie Sausage Risotto V	Hand Made Smoked Haddock and Chive Fish Cake Or Cheesy Bean Burger served in a Wholemeal Bun V
Served with	Organic Brown Rice Sweetcorn Broccoli Spears	Golden Roast Potatoes Cauliflower Sliced Carrots Gravy	Herby Organic Whole wheat Couscous Courgette and Roast Tomato	New Potatoes Green Beans Sliced Carrots	Hand Made Chipped Potatoes Baked Beans Garden Peas
Always Available	Jacket Potatoes with various fillings. A Seasonal Salad Bar. Selection of filled Rolls, Wraps, Baguettes and Sandwiches and a Mixed Bread Basket				
Dessert	Apple and Oat Crumble With Custard or Carrot and Orange cake Fresh Fruit Salad Yoghurt	Poached Pears with Chocolate Sauce or Oat and peanut Bars Fresh Fruit Salad Yoghurt	Lemon Cheese Dessert or Apple Scones and Butter Fresh Fruit Salad Yoghurt	Toffee fig Roll or Pineapple and Cherry upside Down Cake with Custard Fresh Fruit Salad Yoghurt	Butterscotch Mousse or Fresh Fruit Salad Yoghurt



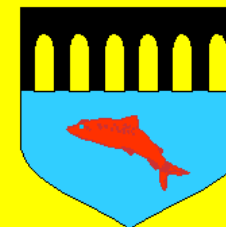
Lunch menu Week Two



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Quorn And Egg fried Rice with Sweet and Sour Sauce Or Bean Enchiladas with a Crispy Topping (V)	British Roast Beef Yorkshire Pudding Or Quorn Shepherds Pie (V)	Creamy British Chicken Bake Or Mozzarella and Tomato pizza slice (V)	Organic Sausage and Egg Puff pastry Roll Or Macaroni Cheese (V)	Hand Breaded Pollock Fillet with Lime Mayo and Lemon Wedge Or Southern Fried Quorn Fillet (V)
Served with	Garlic Bread Stir Fry Vegetables	Golden Roast Potatoes Green Cabbage with Carrots Broccoli Florets Gravy	Baked Potato Wedges Seasonal Autumn Vegetable Medley	Parsley Potatoes Carrots Sweetcorn	Handmade Chipped Potatoes Baked Beans Garden Peas
Available Daily	Jacket Potatoes with various Fillings. A Fresh Seasonal Salad Bar. Selection of Filled Rolls , Wraps and Sandwiches and a Mixed Bread Basket				
Dessert	Jam Sponge with Custard or Oat and Sultana Cookie with Organic Milk Fresh Fruit Salad yoghurt	Chocolate Brownie or Rhubarb and custard crunch Fresh Fruit Salad Yoghurt	plum Pie and cream or Frozen yoghurt Fresh Fruit Salad Yoghurt	Sticky Toffee Pudding with Custard or Fresh Seasonal Fruit Meringue Fresh Fruit Salad Yoghurt	Iced Buns Or Fresh Fruit Salad Yoghurt



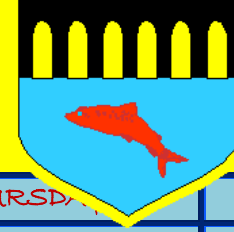
Lunch Menu Week Three



	Meat Free MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Meat free Pasta V Bolognaise Or Jacket potatoes with Homemade Baked Beans	Roast British Chicken Breast with Sage and Onion Stuffing Or Cheese and Potato Pasty V	Organic Farm pork sausage Or Veggie sausage V	British Mince Beef pie Or Spinach and Mushroom V Lasagne	Hand Breaded Pollock Fillet With Lime Mayo Lemon Wedge Or Stuffed Garlic Mushrooms V
Served with	Organic Brown Rice Roast Medley of Autumn vegetables	Golden Roast Potatoes Broccoli Spears Roast Parsnips	Creamy Mash Potato Roast Butternut Squash Garden Peas	Parsley Potatoes Leeks Sliced carrots	Handmade Chipped Potatoes Garden Peas Baked Beans
Available Daily	Jacket Potatoes with various Fillings. A Fresh Seasonal Salad Bar. Selection of Filled Rolls, Wraps and Sandwiches. Mixed Bread Basket				
Dessert	Apple Cake and Custard Or Lemon Lush Mousse Fresh Fruit Salad Yoghurt	Chocolate Cookie with organic Milk Or Flapjack Fresh Fruit salad Yoghurt	Organic Rice Pudding with Fruit Sauce or Victoria sponge Cake Fresh Fruit Salad Yoghurt	Blackberry Muffins or ice-cream and Wafer Fresh Fruit Salad Yoghurt	Chocolate Crunch Cake Fresh Fruit salad Yoghurt



LUNCH MENU WEEK Four



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
Main course	Quorn ,Pea and Potato Spiced Samosas with mango Chutney Or Potato and Broccoli Bake	British Chicken Breast With a Parmesan Crumb Or Mixed Bean Chilli With Rice	Organic BBQ Pork Casserole Or Spaghetti Cake	Beef Meat Balls in a Tomato Sauce Or Vegetable and Quorn Stir Fry with Egg Noodles	Handmade Fish Burger with Tomato sauce Served in a seeded Bap Or Falafel and Mayo Pitta pocket
Served with	Spiced Potato Wedges Sliced Carrots Whole Green Beans	Golden Roast Potatoes Cauliflower cheese Garden Peas	New Potatoes Roast Mixed Peppers Sweetcorn	Buttered Pasta Shapes Autumn vegetable Medley	Hand out Chips Baked Beans Garden peas
Available Daily	Jacket potatoes with various Fillings, Fresh seasonal salad Bar and a Selection of wraps ,Sandwiches and Organic Baguettes				
Dessert	Rhubarb Cobbler and Custard Or Key lime Mousse With Ginger Crumble Topping Fresh Fruit Salad Yoghurt	Honey and Lemon Drizzle Cake Or Fresh Fruit Salad Yoghurt	Bananas Custard Pots Or Ginger Sponge And Custard Fresh Fruit Salad Yoghurt	Sticky Fudge cake Or Chocolate Bread and Butter Pudding and Custard Fresh Fruit Salad Yoghurt	Coffee Tray Bake Or Fresh Fruit salad or Yoghurt

- **Menus are nutritionally analysed to meet the government’s nutritional standards & to provide healthy, balanced tasty meals**
- **Menus are regularly reviewed accordingly to student and parent feedback also in accordance with seasonal requirements**
- **If you wish to forward suggestions, comments or would like to discuss your child’s diet further please do not hesitate to contact the school catering manager Julia Reed.**

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A horizontal banner with a white background and a thin black border. On the left, the text 'KEEPING IT LOCAL' is written in bold, black, uppercase letters. Below it, 'Chatton Farm Park free range eggs -' is written in a smaller, blue font. In the center, there is a stylized red chicken logo. To its right is the 'farm to freeze' logo, which features a black silhouette of a farm scene with a cow and sheep, and the words 'farm to freeze' in a curved, black font above it. On the far right, a red-bordered box contains the text 'B F Wholesale Fruit & Vegetables' in black, bold, uppercase letters. Below the 'farm to freeze' logo, the text 'Berwick upon Tweed' is written in a smaller, blue font.