

FOOD TO FLOURISH

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CHOOSE FROM Baked pork sausages with gravy and choice of potato</p> <p>Vegetarian Italian style tomato pasta with garlic bread finger</p> <p>ON THE SIDE Served with green beans</p> <p>TO FINISH Ice cream</p>	<p>CHOOSE FROM Roast beef, Yorkshire pudding</p> <p>Vegetarian Quorn burger, Yorkshire pudding</p> <p>ON THE SIDE Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots</p> <p>TO FINISH A choice of cold desserts</p>	<p>CHOOSE FROM Bubble salmon and sweet potato mash</p> <p>Margherita pizza</p> <p>ON THE SIDE Served with garden peas and sweetcorn mix</p> <p>TO FINISH Chocolate and pear crumble with chocolate custard</p>	<p>CHOOSE FROM Roast chicken</p> <p>Vegetarian Vegetarian sausages</p> <p>ON THE SIDE Served with roast potatoes, gravy, cabbage and baton carrots</p> <p>TO FINISH A choice of cold desserts</p>	<p>CHOOSE FROM Fish fingers and chips with tomato ketchup</p> <p>Sweet potato and lentill curry with brown and white rice and Naan style bread</p> <p>ON THE SIDE Served with baked beans or garden peas</p> <p>TO FINISH Apple and blackberry love cake</p>



A selection of alternative desserts; Banana, apple, orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice are available daily

WEEK 2

<p>CHOOSE FROM Ham and cheese macaroni with garlic bread finger</p> <p>Vegetarian Quorn burger with gravy and herby diced potatoes</p> <p>ON THE SIDE Served with a trio of vegetables</p> <p>TO FINISH Fruit smoothie pot or apple lolly</p>	<p>CHOOSE FROM Roast pork</p> <p>Vegetarian Vegetarian sausage puff</p> <p>ON THE SIDE Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots</p> <p>TO FINISH A choice of cold desserts</p>	<p>CHOOSE FROM Vegetable chilli with brown and white rice</p> <p>Margherita pizza with salsa salad</p> <p>ON THE SIDE Served with broccoli or peppers and sweetcorn</p> <p>TO FINISH Jumble biscuit</p>	<p>CHOOSE FROM Chicken and sweetcorn pie</p> <p>Vegetarian Vegetable goujons</p> <p>ON THE SIDE Served with mashed potatoes, gravy, green beans, carrots and swede</p> <p>TO FINISH A choice of cold desserts</p>	<p>CHOOSE FROM Battered fish and chips with tomato ketchup</p> <p>BBQ vegetable and bean wrap</p> <p>ON THE SIDE Served with garden peas</p> <p>TO FINISH Fruity chocolate bake</p>
--	--	--	--	--

Additional bread and salad are available daily



WEEK 3

<p>CHOOSE FROM Sausage roll with tomato relish and mashed potato</p> <p>Vegetarian Vegetarian cottage pie</p> <p>ON THE SIDE Served with garden peas</p> <p>TO FINISH Fruit with natural yoghurt</p>	<p>CHOOSE FROM Roast chicken</p> <p>Vegetarian Vegetarian meat free balls</p> <p>ON THE SIDE Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots</p> <p>TO FINISH A choice of cold desserts</p>	<p>CHOOSE FROM Thai chicken curry, with brown and white rice, Naan style bread</p> <p>Margherita pizza</p> <p>ON THE SIDE Served with garden peas</p> <p>TO FINISH St Clements sponge and custard</p>	<p>CHOOSE FROM Roast pork</p> <p>Vegetarian Vegetable lattice slice</p> <p>ON THE SIDE Served with roast potatoes, gravy, green beans and diced carrots</p> <p>TO FINISH A choice of cold desserts</p>	<p>CHOOSE FROM Fish fingers and chips with tomato ketchup</p> <p>Roasted vegetable pasta and garlic bread finger</p> <p>ON THE SIDE Served with baked beans or garden peas</p> <p>TO FINISH Apple taco</p>
---	--	--	---	---

Jacket potatoes may be available locally – please check with your school • Vegetarian • Gold award winner Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets

CALENDAR

OCTOBER 2017

u	M	Tu	W	Th	F	Sa
2	3	4	5	6	7	
9	10	11	12	13	14	
5	16	17	18	19	20	21
2	23	24	25	26	27	28
9	30	31				

NOVEMBER 2017

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER 2017

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JANUARY 2018

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY 2018

Su	M	Tu	W	Th	F	Sa
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

MARCH 2018

Su	M	Tu	W	Th	F	Sa
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

