

FOOD TO FLOURISH



MONDAY

CHOOSE FROM

Baked pork sausages with gravy and choice of potato
 ✓ Italian style tomato pasta with garlic bread finger

ON THE SIDE

Served with green beans

TO FINISH

Ice cream

TUESDAY

CHOOSE FROM

Roast beef, Yorkshire pudding
 ✓ Quorn burger, Yorkshire pudding

ON THE SIDE

Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots

TO FINISH

A choice of cold desserts

WEDNESDAY

CHOOSE FROM

✓ Bubble salmon and sweet potato mash
 ✓ Margherita pizza

ON THE SIDE

Served with garden peas and sweetcorn mix

TO FINISH

Chocolate and pear crumble with chocolate custard

THURSDAY

CHOOSE FROM

Roast chicken
 ✓ Vegetarian sausages

ON THE SIDE

Served with roast potatoes, gravy, cabbage and baton carrots

TO FINISH

A choice of cold desserts

FRIDAY

CHOOSE FROM

Fish fingers and chips with tomato ketchup
 ✓ Sweet potato and lentil curry with brown and white rice and Naan style bread

ON THE SIDE

Served with baked beans or garden peas

TO FINISH

Apple and blackberry love cake

WEEK 1

WEEK 2

WEEK 3

CALENDAR



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



Additional bread and salad are available daily

CHOOSE FROM

Battered fish and chips with tomato ketchup
 ✓ BBQ vegetable and bean wrap

ON THE SIDE

Served with garden peas

TO FINISH

Fruity chocolate bake

CHOOSE FROM

Chicken and sweetcorn pie
 ✓ Vegetable goujons

ON THE SIDE

Served with mashed potatoes, gravy, green beans, carrots and swede

TO FINISH

A choice of cold desserts

CHOOSE FROM

✓ Vegetable chilli with brown and white rice
 ✓ Margherita pizza with salsa salad

ON THE SIDE

Served with broccoli or peppers and sweetcorn

TO FINISH

Jumble biscuit

CHOOSE FROM

Fish fingers and chips with tomato ketchup
 ✓ Roasted vegetable pasta and garlic bread finger

ON THE SIDE

Served with baked beans or garden peas

TO FINISH

Apple taco

CHOOSE FROM

Roast pork
 ✓ Vegetable lattice slice

ON THE SIDE

Served with roast potatoes, gravy, green beans and diced carrots

TO FINISH

A choice of cold desserts

CHOOSE FROM

Thai chicken curry, with brown and white rice, Naan style bread
 ✓ Margherita pizza

ON THE SIDE

Served with garden peas

TO FINISH

St Clements sponge and custard

CHOOSE FROM

Roast chicken
 ✓ Vegetarian meat free balls

ON THE SIDE

Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots

TO FINISH

A choice of cold desserts

CHOOSE FROM

Sausage roll with tomato relish and mashed potato
 ✓ Vegetarian cottage pie

ON THE SIDE

Served with garden peas

TO FINISH

Fruit with natural yoghurt

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

OCTOBER 2017

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NOVEMBER 2017

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DECEMBER 2017

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JANUARY 2018

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FEBRUARY 2018

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MARCH 2018

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