




























WEEK ONE

Week Commencing: 23rd April 2018 / 14th May / 11th June / 2nd July / 3rd September / 24th September / 15th October.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Roast Pork Potato Smiles Green Beans & Diced Carrots with Gravy	 Pork Meatballs Served in Tomato sauce 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
All Day Breakfast Hash Brown Baked Beans & ½ Baked Tomato	 Vegetarian Quiche Couscous Mixed Vegetables	Pulled Pork in Yorkshire Pudding with Gravy Roasted Potatoes Broccoli & Cauliflower	 Sweet Chilli Chicken with Rice Peas & Sweetcorn	Salmon & Sweet Potato Fish Cake Potato Wedges Seasonal Vegetables
 Macaroni Cheese Green Beans & Diced Carrots	 Quorn Balls Served in Tomato sauce Diced Potatoes Mixed Vegetables	Cornish Cheese & Onion Pasty Roasted Potatoes Broccoli & Cauliflower	Country Bake Creamed Potatoes Peas & Sweetcorn	Meat Free Sausage with Potato Wedges & Seasonal Vegetables
Ice Cream Tub	 Pineapple Sponge With Custard Sauce	 Apple Cinnamon Bake With Custard Sauce or Fresh Fruit Salad	 Chocolate Flapjack ** Milk Shake	 Melting Moment Biscuit ** Juice Drink











WEEK TWO

Week Commencing: : 30th April 2018 / 21st May / 18th June / 9th July / 10th September / 1st October / 22nd October.

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 in a Bun ½ Jacket Potato with Mixed Salad or Mixed Vegetables	 Sausage meat Plait Potato wedges Peas & Sweetcorn
 BBQ Chicken Breast 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 in a Bun Potato Wedges with Mixed Salad or Mixed Vegetables	Cheese & Tomato Pizza with Potato wedges Peas & Sweetcorn
 Iced Bun ** Juice Drink	 Jelly with Tinned Fruit or Crunchy Carrot Cookie	 Chocolate Cake (B) served with Vanilla Sauce Or Fresh Fruit Salad	Ice Cream Sponge Roll.	 Chocolate Oatcake ** Juice Drink

WEEK THREE

Week Commencing: 7th May / 4th June / 25th June / 16th July / 17th September / 8th October / 5th November.

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
 Sweet Chilli Chicken with Noodles Peas, Sweetcorn	Seaside Style Fillet of Fish Potato Wedges with Sweetcorn & Green Beans	 Paprika Pork Roast Potatoes, Broccoli & Carrots with Gravy	 Chicken Breast Savoury Rice Carrots & Peas	Battered 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 Fillet with Yorkshire Pudding Roast Potatoes Broccoli & Carrots & Gravy	 Vegetarian Curry Served with Savoury Rice, Carrots & Peas	Vegetable Nuggets Chips, Baked Beans or Seasonal Mixed Salad & Coleslaw
 Chocolate Shortbread ** Juice Drink	 Lancashire Biscuits ** Milk Shake	 Fruit Crumble with Custard Sauce or Fresh Fruit Salad	Iced Fruit Smoothie	 Shortbread Finger ** 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