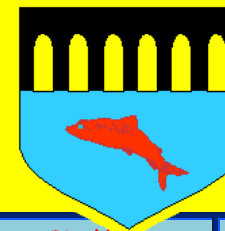




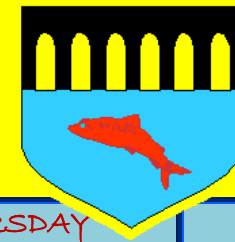
TRULY TASTY TWEEDMOUTH LUNCH MENU WEEK 1



	Meal Free MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Bean , Potato and Cheese Pie V Or Meat free Tortilla Layer Bake V	Roast Loin of British Pork with Sage and Onion Stuffing Apple Sauce Or Mushroom and Garden Pea Risotto V	Rich Beef Lasagne or Red Pepper and Spinach frittata V	Chicken Curry Or Bagel Pizza V	Salmon and Dill fishcakes with Cucumber and Mint Salsa Or V Veggie Burger served in a Floured Bun
Served with	Sweet Potato Wedges Sweet corn Broccoli	Golden Roast Potatoes Spring Cabbage Sliced Carrots Gravy	Jewelled Whole wheat Couscous Courgette and Roast Tomato	Naan Bread Roast Butternut Squash Mixed Peppers	Hand Cut Chipped Potatoes Baked Beans Garden Peas
Available Daily	Jacket Potatoes with various fillings. A Seasonal Salad Bar. Selection of filled Rolls, Wraps and Sandwiches and a Mixed Bread Basket				
Dessert	Cookie With Aqua juice -- Peach Eton Mess ---- Fresh Fruit Salad Yoghurt	Cookie With Aqua Juice -- Chocolate pudding with Chocolate sauce ---- Fresh Fruit Salad Yoghurt	Cookie With Aqua Juice -- Strawberry Mousse ---- Fresh Fruit Salad Yoghurt	Cookie With Aqua Juice -- Raspberry Jam Shortcake With Custard ---- Fresh Fruit Salad Yoghurt	Cookie With Aqua Juice -- Chocolate Crunch ---- Fresh Fruit Salad -- Yoghurt



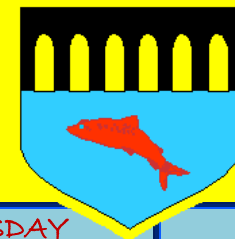
TRULY TASTY TWEEDMOUTH LUNCH MENU WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Macaroni Cheese Or Muffin Tin Sausage and Bean Pots	Roast British Beef with Yorkshire Pudding Or Meat Free Shepherd's Pie	British Chicken and Ham Pie Or Gnocchi with Tomato and Pesto Sauce	Spaghetti Bolognaise With Parmesan Cheese Or Meat Free Paella	Hand Breaded Pollock Fillet with Lime Mayo and Lemon Wedge Or Meat Free Sausage Rolls
Served with	Organic Brown Rice Sliced Green Beans Broccoli Florets	Golden Roast Potatoes Spring Cabbage Sliced Carrots Gravy	Parsley Potatoes Vegetable Medley	Garlic Bread Carrots Sweetcorn	Hand Cut Chipped Potatoes Baked Beans Garden Peas
Available Daily	Jacket Potatoes with various Fillings. A Fresh Selection of Filled Rolls , Wraps and Sandwiches and a Mixed Bread Basket				
Dessert	Cookie with Aqua Juice --- "Up Beet" Chocolate cake ---- Fresh Fruit Salad yoghurt	Cookie with Aqua Juice --- Apple Pie and custard --- Fresh Fruit Salad Yoghurt	Cookie with Aqua Juice --- Frozen Yoghurt --- Fresh Fruit Salad Yoghurt	Cookie with Aqua Juice ----- Peach and Raspberry Crumble with custard --- Fresh Fruit Salad Yoghurt	Cookie with Aqua Juice --- Seasonal Fruit with Strawberry Jelly and Cream --- Fresh Fruit Salad Yoghurt



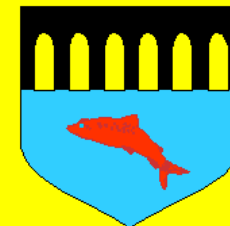
TRULY TASTY TWEEDMOUTH LUNCH MENU WEEK 3



	Meat Free MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Main Course</i>	Penne Pasta with Tomato and Roast Pepper sauce Or Cheese and Onion Quiche V	Roast British Chicken with Sage and Onion Stuffing Or Mushroom Stroganoff with Brown Rice V	Pork Farm Sausage Or Posh Beans on Toast V	Chill Beef and Potato Wedge Bake Or Egg and Spinach Muffins V	Angus Beef Burger in a Bun Or Southern Coated Quorn Fillets V
<i>Served with</i>	Garlic Bread sweet corn Roast Peppers	Golden Roast Potatoes Spring Cabbage Cauliflower	Mash Potato Green Beans Sliced Carrots	New Potatoes Roast Aubergine, Courgette and Red Onion	Hand Cut Chipped Potatoes Baked Beans Garden Peas
<i>Available Daily</i>	Jacket Potatoes with various Fillings. A Fresh Seasonal Salad Bar. Selection of Filled Rolls, Wraps and Sandwiches. Mixed Bread Basket				
<i>Dessert</i>	Cookie with Aqua Juice --- Vanilla Ice Cream ---- Fresh Fruit Salad Yoghurt	Cookie with Aqua Juice --- Banana Cake with Toffee Sauce --- Fresh Fruit Salad Yoghurt	Cookie with Aqua Juice --- Cheese and Biscuits with Grapes --- Fresh Fruit Salad Yoghurt	Cookie with Aqua Juice --- Orange Sponge with Chocolate Custard --- Fresh Fruit Salad Yoghurt	Cookie with Aqua Juice --- Fresh Strawberry Cupcakes --- Fresh Fruit salad Yoghurt



TRULY TASTY TWEEDMOUTH LUNCH MENU WEEK 4




	Meat Free MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
<i>Main course</i>	Homemade Curried Super Noodles Or Sweetcorn and Pepper Stuffed Potatoes V	Roast Beef with Yorkshire Pudding Or Meat Free Mince Pie V	All Day Breakfast Or Vegetable Stir Fry With Egg Noodles V	Southern Fried chicken Wrap Or Pesto and Courgette Spaghetti with Parmesan Cheese V	Hand Breaded Pollock Fillet with Lime Mayo and Lemon Wedge Or Chickpea Burger served on a Bun with Mustard Mayo
<i>Served with</i>	Garlic Bread Whole Green Beans Sliced carrots	Golden Roast Potatoes Cauliflower Cheese Broccoli Floret	Hash Browns Sweetcorn Garden Peas	Couscous with Fresh Herbs Summer Vegetable Medley	Hand cut Chipped Potatoes Baked beans Garden Peas
<i>Available Daily</i>	Jacket Potatoes with various Fillings. A Fresh Seasonal Salad Ba Selection of Filled Rolls, Wraps and Sandwiches. Mixed Bread Basket				
<i>Dessert</i>	Cookie with Aqua Juice --- Raspberry Ripple Macaroons Fresh Fruit Salad Yoghurt	Cookie with Aqua Juice --- Chocolate Ice cream Fresh Fruit Salad Yoghurt	Cookie with Aqua Juice Eves Pudding and Custard --- Fresh Fruit Salad Yoghurt	Cookie with Aqua Juice Coffee and Walnut Tray Bake --- Fresh Fruit Salad Yoghurt	Cookie with Aqua Juice Sugar Ring Donuts --- fresh Fruit salad 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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KEEPING IT LOCAL
Chatton Farm Park free range eggs -  Berwick upon Tweed

**B F Wholesale
Fruit & Vegetables**