

School Lunch Menu September 2017-July 2018

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
WEEK 1	WEEK 2	WEEK 3	WEEK 1	WEEK 2	WEEK 3	WEEK 1	WEEK 2	WEEK 3	WEEK 1	WEEK 2	WEEK 3	WEEK 1	WEEK 2	WEEK 3
Main and Vegetarian Option			Main and Vegetarian Option			Main and Vegetarian Option			Main and Vegetarian Option			Main and Vegetarian Option		
Beef Burger in Seeded Bun	BBQ Chicken Burger in Sesame Seed Bun	Lasagne	Minced Beef Pie		Chicken Nuggets with Tomato Ketchup	Chicken Jalfrezi	Spaghetti Bolognese	BBQ Meatball Sub	Roast Gammon with Pease Pudding	Chicken Korma	Thin and Crispy Pizza Margherita		Fishcake with Parsley Mayo	Salmon Fish Finger Sandwich with Tomato Relish
Vegetarian Burger in Seeded Bun (V)	Quorn Burger in Sesame Seed Bun (V)	Vegetarian Lasagne (V)	Homemade Tomato Soup (V)	Turkey Pie	Vegetarian Pie (V)	Quorn Jalfrezi (V)	Vegetarian Bolognese (V)	BBQ Vegetarian Meatball Sub (V)	Roast Quorn (V)	Vegetarian Korma (V)	Seasoned Potato Wedges	Battered Fish	Seasoned Potato Wedges	
Seasoned Wedges	Sweet Potato Fries		Wholemeal Cheesy Crouton	Creamed Potatoes		Naan Bread		Oven Roast Potatoes	Roast Potatoes	Naan Bread		Chips		Chips
Hot Seasonal Vegetables and Accompaniments			Hot Seasonal Vegetables and Accompaniments			Hot Seasonal Vegetables and Accompaniments			Hot Seasonal Vegetables and Accompaniments			Hot Seasonal Vegetables and Accompaniments		
Whole Wheat spaghetti Hoops	Garden Peas	Garlic Bread	Root Vegetable Mash	Green Cabbage	Peas and Sweetcorn	Steamed Rice	Garlic Bread	Broccoli	Broccoli	Steamed Rice	Sweetcorn	Mushy Peas	Broccoli	Mushy Peas
Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*
Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls
Dessert			Dessert			Dessert			Dessert			Dessert		
Raspberry Ripple Mousse	Melting Moment Biscuit	Frozen Fruit Yoghurt	Fresh Fruit Salad Yoghurt	Victoria Jam Sponge	Creamy Rice Pudding Peach Slices	Chocolate Brownie Custard	Fresh Fruit Salad	Fresh Fruit Salad	Shortbread Biscuit	Chocolate Coconut Slice	Carrot Cupcake	Fruity Flapjack Custard	Apple Crumble Muffin	Sticky Toffee Pudding Ice Cream
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt
Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits
Drinks			Drinks			Drinks			Drinks			Drinks		
Milk or Fruit	Fresh drinking water	Fresh drinking water	Fresh drinking water	Milkshake or Fruit	Fresh drinking water	Milkshake or Fruit	Milkshake or Fruit	Fresh drinking water	Fresh drinking water	Fresh drinking water	Milkshake or Fruit	Fresh drinking water	Milkshake or Fruit	Milkshake or Fruit

School Lunch Menu September 2017-July 2018

concentrate (squash)				concentrate (squash)		concentrate (squash)	concentrate (squash)				concentrate (squash)		concentrate (squash)	concentrate (squash)
-------------------------	--	--	--	-------------------------	--	-------------------------	-------------------------	--	--	--	-------------------------	--	-------------------------	-------------------------

\*Salad Bar: Cucumber; Pasta; Sweetcorn; Peppers; Tomatoes; Cress; Lettuce; Coleslaw; Beetroot