

Week one

30/10, 20/11, 11/12, 8/1, 29/1, 26/2, 19/3,

Monday

Vegetable Supreme Pizza
Sweetcorn, Peppers, Cheese and Tomato Pizza with Jacket Wedges, House Coleslaw and Sweetcorn

Borlotti Bean and Mushroom Carbonara (V)

Beans and Mushrooms in a Creamy Sauce with, House Coleslaw and Sweetcorn
Ice Cream Pot and Fresh Fruit Slices

Tuesday

Beef and Vegetable Pie with Suet Crust
Organic Beef and Vegetables Topped with a Suet Crust Pastry Lid with New Potatoes, Gravy, Green Beans and Cauliflower

Vegeballs in Tomato Sauce (V)

Vegetarian Meatballs in a Tomato and Basil Sauce, with Green Beans and Cauliflower
Fruit in Jelly

Wednesday

Roast Turkey with Crispy Potatoes

Red Tractor Turkey with Cabbage, Carrots and Gravy

Cheese and Potato Bake (V)

Rich Creamy Cheese and Potato Bake with Cabbage and Carrots

Fruity Flapjack with Yoghurt

Thursday

Chinese Chicken
Farm Assured Chicken in a Five Spiced Sauce with Egg Noodles, Broccoli and Sweetcorn
Vegetable Biryani (V)

Mild Vegetable Rice Curry, Broccoli and Sweetcorn

Pineapple and Peach Crumble with Custard

Friday

MSC Battered Fish
Crispy Battered Pollock Fillet with Chips, Baked Beans and Garden Peas

Vegetable Chilli (V)

Vegetable Chilli with a Jacket Potato, Baked Beans and Garden Peas

Chocolate and Banana Slice



If you don't fancy dessert, you can **always** enjoy fresh fruit or yoghurt

Week two

6/11, 27/11, 18/12, 15/1, 5/2, 5/3, 26/3

Monday

Super Hero Mac 'N' Cheese (V)

Macaroni in a Cheddar Cheese Sauce with Broccoli and Crunchy Salad

Boston Bean Casserole (V)

BBQ Bean Casserole with Broccoli and Crunchy Salad

Chocolate and Mandarin Sponge with Chocolate Sauce

Tuesday

Bangers with a Mash Mountain

Farm Assured Pork Sausages with Creamy Mashed Potato, Gravy, Garden Peas and Carrots

Vegebangers with Mash Mountain (V)

Vegetarian Sausages with Creamy Mash Potato, Gravy, Garden Peas and Carrots

Strawberry Cheesecake

Wednesday

Roast Beef with Crispy Potatoes

Organic Beef with Peas, Cauliflower and Gravy

Quorn Roast with Crispy Potatoes (V)

Quorn Roast with Peas, Cauliflower and Gravy

Cheese and Biscuits

Thursday

Beef Mexican Chilli

Organic Beef in a Mild Tomato Sauce with Wholegrain Rice, Sweetcorn and Green Beans

Roasted Cauliflower and Chickpea Korma (V)

Vegetables in a Creamy Curry Sauce with Wholegrain Rice, Sweetcorn and Green Beans

Carrot and Pineapple Cake Slice

Friday

MSC Fish Fingers

Golden Cod Fillet Fish Fingers with Chips, Baked Beans and House Coleslaw

Bean and Potato Burrito (V)

Mexican Bean in Fajita Seasoning with Chips, Baked Beans and House Coleslaw

Oatie Biscuit with Fruit Slices



Jacket Potatoes are **available every day** with a choice of filling

Week three

13/11, 4/12, 1/1, 22/1, 19/2, 12/3,

Monday

Sizzling Beef Pizza

Cajun Spiced Organic Beef Pizza with Potato Wedges, Peas and Sweetcorn

Mild Yellow Vegetable Curry (V)

Fresh Vegetables in a Mild Curry Sauce with Wholegrain Rice, Peas and Sweetcorn

Strawberry Fro Yoghurt

Tuesday

Marinated Mild Chicken Tikka

Farm Assured Chicken in a Tikka Masala Sauce with Wholegrain Rice, Broccoli and Salad

Cheese and Sweetcorn Quiche (V)

Sweetcorn and Cheese in a Shortcrust Pastry Tart with New Potatoes, Broccoli and Salad

Mini Gingerbread Cake with Fresh Fruit

Wednesday

Roast Gammon with Crispy Potatoes

Farm Assured Gammon with Cabbage, Carrots and Gravy

Shepherdess Pie (V)

Veggie Mince with a Creamy Mash Top with Cabbage and Carrots

Apple Cracknell with Custard

Thursday

Pasta Bolognaise

Organic Beef in an Italian Tomato Sauce with Wholegrain Pasta, Green Beans and Sweetcorn

Chinese Veggie Noodles (V)

Vegetable Chow Mein with Egg Noodles, Green Beans and Sweetcorn

Chocolate Sultana Crispie

Friday

MSC Crispy Salmon Fillet

Smartcrumb Salmon Fillet with Chips, Baked Beans and Peas

OR MSC Battered Fish with Chips, Baked Beans and Peas

Veggie Quesadilla (V)

Mexican Vegetables in a Tortilla Wrap with Cheese with Chips, Baked Beans and Peas

Shortbread Biscuits with Fruit

Our dishes contain increased levels of:

- Fruit & Vegetables
- Pulses & Wholegrains

to ensure a nutritious, balanced meal everyday.



There is a vegetarian choice **every day...** and don't forget that salad is available **daily.**

- Fresh baked bread available everyday

Our Suppliers provide the freshest local ingredients:

- Scorse Butchers
- Trewithen Dairy
- Proper Cornish

Keep yourself topped up with water - it will help you concentrate **all day long.**



Reception, Year 1 & 2 Free
Year 3, 4, 5 & 6 £2.20