

SCHOOL MEAL MENU OPTIONS

** Great Food for Thought **

Menu Commencing
January 2020

		HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN COURSE 1	CHILLI BEEF JACKET Jacket Potato with Chilli Beef Sauce ① ④ ⑧ & Beans	SPAGHETTI BEEF BOLOGNAISE ② ① ④ ⑧ with Green Salad	HAM & CHEESE ⑦ MACARONI ② with Sweet Corn & Peppers ②
	MAIN COURSE 2	JACKET POTATO with Cheese ⑦ & Baked Beans ①	SPAGHETTI VEGETABLE BOLOGNAISE ② ① ⑧ with Green Salad	MACARONI ② CHEESE ⑦ with Sweet Corn & Peppers ②
	PUDDING	GINGERBREAD MAN ② <i>Classic Favourite</i>	APPLE ⑥ & OAT ② CRUMBLE with Pouring Custard ⑦	MILK CHOCOLATE MOUSSE ⑦ <i>Delightfully Delicious</i>
TUESDAY	MAIN COURSE 1	MILD CHICKEN CURRY with Mixed Veg served on Boiled Rice	BBQ'd ① ④ ⑧ PULLED PORK with Mixed Vegetables and Rice	MINCED BEEF ⑧ PIE ② with Peas, Carrots & Baby Potatoes
	MAIN COURSE 2	BBQ'd ① ② ⑧ QUORN PIECES with Rice and Mixed Vegetables	MIXED VEGETABLES in a BBQ Sauce ① ④ ⑧ with Boiled Rice	MIXED VEGETABLE ⑧ PIE ② with Peas, Carrots & Baby Potatoes
	PUDDING	LOADED BANANA CAKE ② ④	STICKY CRISP	PLAIN OATY ② FLAPJACK
WEDNESDAY	MAIN COURSE 1	ROAST PORK & Apple ⑥ Sauce with Seasonal Greens, Roast Potatoes & Gravy	ROAST TURKEY with home made Stuffing ② Seasonal Greens, Roast Potatoes & Gravy	ROAST BEEF ④ & Yorkshire Pudding ② ⑦ with Seasonal Greens, Roast Potatoes & Gravy
	MAIN COURSE 2	VEGETABLE BURGER with Seasonal Greens, Roast Potatoes & Gravy	QUORN ROAST ④ with home made Stuffing ② Seasonal Greens, Roast Potatoes & Gravy	QUORN FILLETS ④ with Seasonal Greens, Roast Potatoes & Gravy
	PUDDING	MIXED FRUIT YOGURT ⑦ Made on an Award Winning Family Dairy Farm	MIXED FRUIT YOGURT ⑦ Made on an Award Winning Family Dairy Farm	MIXED FRUIT YOGURT ⑦ Made on an Award Winning Family Dairy Farm
THURSDAY	MAIN COURSE 1	Our butcher's SAUSAGES ② with Pasta ②, Sweet Corn & Baked Beans ①	CHICKEN CASSEROLE with Rice	TOAD in the HOLE ② with Peas and Baby Potatoes
	MAIN COURSE 2	VEGETARIAN SAUSAGE ⑧ Pasta ②, Sweet Corn & Baked Beans ① ⑧	VEGETABLE CASSEROLE with Rice	VEGETARIAN TOAD in the HOLE ② with Peas and Baby Potatoes
	PUDDING	SULTANA ⑭ BUNS ②	MILK CHOCOLATE MOUSSE ⑦ <i>Delightfully Delicious</i>	Iced CHOCOLATE SPONGE ② ④ ⑦
FRIDAY	MAIN COURSE 1	FISH ⑤ ② FINGERS with Potato Chips & Spaghetti Hoops ② ① ② ⑧	BATTERED COD ⑤ ② ⑦ with Baby Potatoes & Peas	FISH ⑤ ② FINGERS Mild Spicy Tomato Sauce on Pasta ② ① ⑧ & Sweetcorn
	MAIN COURSE 2	VEGETABLE FINGERS ② with Potato Chips & Spaghetti Hoops ② ① ② ⑧	VEGETABLE BURGERS with Baby Potatoes & Peas	VEGETABLE FINGERS ② Mild Spicy Tomato Sauce on Pasta ② ① ⑧ & Sweetcorn
	PUDDING	<i>Freshly Prepared</i> FRUIT SALAD ③ ⑥ ⑦	<i>Freshly Prepared</i> FRESH FRUIT JELLY ③ ④ ⑥ ⑦ Real Fresh Fruit Pieces in Fruit Jelly	<i>Freshly Prepared</i> FRUIT SALAD ③ ⑥ ⑦

Milk & Freshly Baked Wholegrain Bread is included with this Menu. Fresh Fruit & Oily Fish options (Food Plan recommendation) are always available daily. When using Rice, Pasta and Flour in our recipes, we use a combination of both White and Brown. Allergen & Intolerance codes accompany each Item with an explanation in the Key below.

- devised and independently verified in accordance to the School Food Plan 2015 -

ALLERGENS (Using FSA Codes): Celery ①; Cereals (Gluten) ②; Eggs ④; Fish ⑤; Milk ⑦; Mustard ⑨; Nuts ⑩; Peanuts ⑪; Sesame Seeds ⑫; Soya ⑬; Sulphites ⑭

INTOLERANCES: Tomato Products ① Capsicum Products ② Soft Fruit Products ③ Beef ④ Aubergine ⑤ Apple ⑥ Oranges ⑦ Onion ⑧

Please be aware we use all types of foods in our Kitchens. We have eliminated Palm Oil Ingredients where currently possible. Substitute menus are available but may be an additional charge

SCHOOL MEAL MENU OPTIONS

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Menu Commencing
September 2019

		HIGH TEA MENU WEEK 1	HIGH TEA MENU WEEK 2	HIGH TEA MENU WEEK 3
MONDAY	MAIN	HAM or CHEESE ⑦ SANDWICH ② Using our freshly baked bread	EGG ④ or CREAM CHEESE ⑦ & CUCUMBER Wholemeal Sandwich ②	TURKEY or GREEN SALAD SANDWICH ② on Traditional Wholemeal Bread
	ACCOMPANIMENT	CHERRY TOMATO ① QUARTERS Selected for taste	Easy Peel MANDARIN ⑦	PLAIN RICE CAKES
	DESSERT	STEWED FRUIT Freshly stewed to retain all the goodness	LEMON DRIZZLE CAKE ② ④ Home Made from scratch using fresh Lemons	BANANA CUSTARD ⑦
TUESDAY	MAIN	DIPS ⑫ with TOASTED HERB TRIANGLES ②	DIPS ⑫ with PITTA BREAD FINGERS ②	CHEESE ⑦ SCONE ② Home Made with Somerset Cheddar
	ACCOMPANIMENT	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber	CHERRY TOMATO ① QUARTERS Selected for taste
	DESSERT	FRUIT LOAF ② with optional Dairy Free Spread	CHOCOLATE COURGETTE CAKE ② ④ Moist and Nutritious	FRESH FRUIT SALAD Delicious Fresh Fruit prepared in our Kitchens ③ ⑥ ⑦
WEDNESDAY	MAIN	CHICKEN or CHEESE ⑦ SALAD WRAP ② Traceable Chicken and Green Salad	HAM or EGG ④ & CRESS SANDWICH ②	FILLED PITTA BREAD ② with Roast Chicken or Cottage Cheese ⑦ Salad
	ACCOMPANIMENT	SELECTION OF DRIED FRUIT ⑭ From: Apricots, Cranberries, Dates, Raisins & Sultanas	GRAPES Selected for taste and Quartered	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber
	DESSERT	MILK CHOCOLATE MOUSSE ⑦ Delightfully Delicious	RAISIN ⑭ AND OAT BISCUIT ② Home Made using Wholegrain Oats	LOADED BANANA CAKE ② ④ Home Made from scratch using Fresh Bananas
THURSDAY	MAIN	QUICHE FINGERS - HAM or TOMATO ① Home Made and Delicious ② ④ ⑦	Mini SAUSAGE ROLLS ② or VEGETARIAN SAUSAGE ② WRAP ②	DIPS ⑫ with BREAD STICKS ②
	ACCOMPANIMENT	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber	PINEAPPLE CUBES Home Prepared from ripened Pineapples
	DESSERT	CHERRY SHORTBREAD BISCUITS Perfectly baked in our Ovens ②	LOADED STRAWBERRY ③ YOGURT ⑦ Made by an Award Winning Family Dairy Farm	PLAIN FLAPJACK FINGERS Home Made using Wholegrain Oats ②
FRIDAY	MAIN	PLAIN TUNA ⑤ or CUCUMBER ROLL ②	PORK or CUCUMBER SANDWICH ② Freshly Baked Granary Bread	CHEESE ⑦ & ONION FINGERS ② Plain or with Ham
	ACCOMPANIMENT	CHERRY TOMATO ① QUARTERS Selected for taste	CUBED CHEESE ⑦ Locally made Mild Cheddar Cheese	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber
	DESSERT	PLAIN YOGURT ⑦ with Apricot Conserve Made by an Award Winning Family Dairy Farm	CHOCOLATE BEETROOT CAKE ② ④ Moist & Nutritious	VANILLA YOGURT ⑦ Made by an Award Winning Family Dairy Farm

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INTOLERANCES: Tomato Products ① Capsicum Products ② Soft Fruit Products ③ Beef ④ Aubergine ⑤ Apple ⑥ Oranges ⑦ Onion ⑧

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