

# ONE

# TWO

# THREE

AVAILABLE EVERY DAY...

3 Sept, 24 Sept, 15 Oct, 12 Nov, 3 Dec, 31 Dec, 21 Jan, 11 Feb, 11 Mar, 1 Apr

10 Sept, 1 Oct, 29 Oct, 19 Nov, 10 Dec, 7 Jan, 28 Jan, 25 Feb, 18 Mar, 8 Apr

17 Sept, 8 Oct, 5 Nov, 26 Nov, 17 Dec, 14 Jan, 4 Feb, 4 Mar, 25 Mar

## Macaroni Cheese

Red Pepper and Potato Whirl with New Potatoes

## Jacket Potato filling Egg Mayonnaise

Sweetcorn & Broccoli  
Fruity Flapjack

## Beef Burger in a Bun with Oven Baked Wedges

Vegetable & 5 Bean Chilli with 50:50 Rice

## Jacket Potato filling Baked Beans

Carrots & Sweetcorn

## Chocolate & Beetroot Brownie

## Roast Free Range Pork or Chicken with Roast Potatoes & Gravy

Quorn Roast with Roast Potatoes & Gravy

## Jacket Potato filling Tuna

Peas & Swede Mash

## Cheese & Crackers with Sliced Apple

## Lemon Turkey Stuffed Pitta Pouch with Pasta Salad

Quorn Sausages with Mashed Potato & Gravy

## Jacket Potato filling Cheesy Coleslaw

Carrot & Cucumber Batons

## Fair Trade Banana Loaf with Custard

MSC Fish Fingers with Chips & Homemade Tomato Sauce  
Potato & Courgette Layer Bake with Chips



## Jacket Potato filling Hummus

Baked Beans & Garden Peas

## Oaty Cookie & Fruity Friday

## Sausages with Mashed Potatoes & Gravy Soya Mince Pasta Bolognaise

## Jacket Potato filling Tuna

Baked Beans & Sweetcorn

## Apple & Strawberry Strudel

## Chicken & Sweetcorn Pie with a Puff Pastry lid & New Potatoes

Cheese & Tomato Pizza

## Jacket Potato filling Baked Beans

Broccoli & Cucumber Batons

## Orange Sponge

## Roast Turkey with Roast Potatoes & Gravy

Vegetable & Lentil Loaf with Roast Potatoes & Gravy

## Jacket Potato filling Hummus

Carrots & Cabbage

## Pear & Ginger Tray bake

## Beef Spaghetti Bolognaise

Quorn Burger in a Bap with Homemade Tomato Sauce & Jacket Wedges

## Jacket Potato filling Grated Cheese & Carrot Mix

Sweetcorn & Roasted Vegetables

## Lemon Cake with Strawberries



MSC Breaded Fish with Chips & Homemade Tomato Sauce  
Cheese & Tomato Frittata with Chips

## Jacket Potato filling Egg Mayonnaise

Grated Carrot & Garden Peas

## Fruit Compote & Ice Cream

## Margherita Pizza Wedge

Lentil & Sweet Potato Curry with 50:50 Rice

## Jacket Potato filling Hummus

Carrot & Peas

## Toffee Apple Crumble with Custard

## Chicken Tikka with 50:50 Rice

Macaroni Cheese

## Jacket Potato filling Egg Mayonnaise

Sweetcorn & Green Beans

## Carrot & Sultana Cake

## Roast Beef or Chicken with Roast Potatoes & Gravy

Vegetarian Wellington with Roast Potatoes & Gravy

## Jacket Potato filling Tuna & Sweetcorn

Cabbage & Carrots

## Yoghurt & Fruit Station

## Sausage Plait & Mashed Potato

Vegetarian Tortilla Stack with Oven Baked Wedges

## Jacket Potato filling Baked Beans

Broccoli & Sweetcorn

## Chocolate & Mandarin Sponge

MSC Salmon Fish Fingers with Chips & Homemade Tomato Sauce  
Glamorgan Bean & Leek Sausages with Chips



## Jacket Potato filling Cheese Coleslaw

Baked Beans & Garden Peas

## Fruity Shortbread

## Bread

freshly baked on site daily

## Daily salad selection

there will be a selection of salad items available daily

## Fresh Fruit & Organic Yoghurt

available daily

WE USE LOCALLY SOURCED INGREDIENTS WHEN AVAILABLE AND IN SEASON

All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards

We hope your child enjoys our new menus.

Menus could be subject to local change, please check your child's school for any bespoke changes.



Vegetarian option



Oily fish



Marine Stewardship Council details  
Web: [www.msc.org](http://www.msc.org)  
Chain of Custody  
Registration Code  
MSC-C-54995

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY