



## Week one



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

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

## Week two



Jacket Potatoes are available every day with a choice of filling

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

### Carrot and Pineapple Cake Slice

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

### Chocolate and Mandarin Sponge with Chocolate Sauce

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

## Week three

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

13/11, 4/12, 1/1, 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 Crumble 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

### Veggie Quesadilla (V)

Mexican Vegetables in a Tortilla Wrap topped 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.

