



## Week Three Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	TUNA PASTA BAKE	BEEF BURGER in a bun with CAJUN POTATO WEDGES & TOMATO KETCHUP	ROAST GAMMON, ROAST POTATOES AND GRAVY	SPAGHETTI BOLOGNAISE	FISH FINGERS AND CHIPS
VEGETARIAN	VEGETABLE PASTA BOLOGNESE BAKE	VEGETABLE BURGER in a bun with CAJUN POTATO WEDGES & TOMATO KETCHUP	CHEESE AND POTATO PIE, ROAST POTATOES	VEGETABLE CHILLI AND RICE	VEGETABLE FINGERS AND CHIPS
JACKET POTATO & PASTA	<b>JACKET POTATO</b> Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo	<b>PASTA TWISTS</b> In Tomato & Basil Sauce	<b>JACKET POTATO</b> Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo	<b>JACKET POTATO</b> Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo	<b>PASTA TWISTS</b> In Tomato & Basil Sauce
DESSERT	BANANA TRAYBAKE	CHOCOLATE COOKIE	ICE CREAM	CHOCOLATE SPONGE	FRUITY FRIDAY FRESH FRUIT PLATTERS
DELI	<b>SANDWICH</b> HAM or CHEESE  Carrot Sticks Banana Tray Bake	<b>BAGUETTE</b> TUNA MAYO or CHEESE Cucumber Sticks & Cookie	<b>BAGEL</b> EGG MAYO or CHEESE Carrot Sticks Ice Cream	<b>BAP</b> CHICKEN or CHEESE Cucumber Sticks Chocolate Cake	<b>WRAP</b> EGG MAYO or CHEESE Carrot Sticks Fresh Fruit Platter

SERVED W/C: 12/07, 06/09, 27/09, 18/10



# School Lunch menu

## Food for Life

With this menu we continue with our achievement of Food for Life which means your children are being provided healthy, well balanced and professionally created lunches made from the highest ingredients, including free-range, organic and MSC certified fish.

For more information on the award please visit [foodforlife.org.uk/schools](http://foodforlife.org.uk/schools)

## Our Menu

Our menus meet or exceed government food standards for school meals. Do not include fish on the Marine Conservation Society 'Fish to Avoid' list. Only contain British HMC certified assured meat. Are nut free.





## Week One Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	HOT DOG WITH CAJUN POTATO WEDGES (Butcher's Sausage)	BEEF LASAGNE	ROAST CHICKEN, ROAST POTATOES AND GRAVY	CHINESE PORK WITH RICE	FISH FINGERS AND CHIPS (with Ketchup)
VEGETARIAN	HOT DOG WITH CAJUN POTATO WEDGES (Vegetarian Sausage)	VEGETARIAN LASAGNE	CHEESE & BEAN PUFF	SWEET & SOUR VEGETABLES WITH RICE	VEGETABLE FINGERS AND CHIPS (with Ketchup)
JACKET POTATO & PASTA	<b>PASTA TWISTS</b> In Tomato & Basil Sauce	<b>JACKET POTATO</b> Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo	<b>PASTA TWISTS</b> In Tomato & Basil Sauce	<b>JACKET POTATO</b> Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo	<b>JACKET POTATO</b> Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo
DESSERT	JAM SPONGE	ORANGE JELLY WITH MANADRINS	CHOCOLATE MOUSSE	APPLE CRUMBLE	FRUITY FRIDAY FRESH FRUIT PLATTERS
DELI	<b>SANDWICH</b> <b>TUNA MAYO or CHEESE</b> Carrot Sticks, Jam Sponge & Custard	<b>BAGUETTE</b> <b>HAM or CHEESE</b> Cucumber Sticks Orange & Mandarin Jelly	<b>BAGEL</b> <b>CHICKEN or CHEESE</b> Carrot Sticks Chocolate Mousse	<b>BAP</b> <b>HAM or CHEESE</b> Cucumber Sticks Apple Crumble & Custard	<b>WRAP</b> <b>EGG MAYO or CHEESE</b> Carrot Sticks Fresh Fruit Platter

SERVED W/C: 19/07, 13/09, 04/10



## Week Two Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	BUTCHER'S SAUSAGE, NEW POTATOES AND GRAVY	BBQ CHICKEN WRAP WITH POTATO WEDGES	ROAST BEEF AND YORKSHIRE PUDDING, ROAST POTATOES & GRAVY	CHICKEN FILLET IN BBQ SAUCE WITH NEW POTATOES	FISH FINGERS AND CHIPS (with Ketchup)
VEGETARIAN	VEGETARIAN SAUSAGE, NEW POTATOES & GRAVY	BBQ VEGETABLE & MIXED BEAN WRAP with POTATO WEDGES	ROASTED VEGETABLE GRATIN WITH ROAST POTATOES	CHEESE AND BROCCOLI QUICHE with NEW POTATOES	VEGETABLE FINGERS AND CHIPS (with Ketchup)
JACKET POTATO & PASTA	<b>JACKET POTATO</b> Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo	<b>PASTA TWISTS</b> In Tomato & Basil Sauce	<b>JACKET POTATO</b> Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo	<b>PASTA TWISTS</b> In Tomato & Basil Sauce	<b>JACKET POTATO</b> Grated Cheese, Baked Beans, Cheese & Beans or Tuna Mayo
DESSERT	PEACH & CHERRY CRUMBLE	CHOCOLATE BROWNIE	APPLE PIE	LEMON DRIZZLE CAKE	FRUITY FRIDAY FRESH FRUIT PLATTERS
DELI	<b>SANDWICH</b> <b>CHICKEN or CHEESE</b> Carrot Sticks, Peach & Cherry Crumble & Custard	<b>BAGUETTE</b> <b>EGG MAYO or CHEESE</b> Cucumber Sticks Chocolate Brownie	<b>BAGEL</b> <b>HAM or CHEESE</b> Carrot Sticks Apple Pie & Custard	<b>BAP</b> <b>TUNA MAYO or CHEESE</b> Cucumber Sticks Lemon Drizzle Cake	<b>WRAP</b> <b>EGG MAYO or CHEESE</b> Carrot Sticks Fresh Fruit Platter

SERVED W/C: 05/07, 30/08, 20/09, 11/10