

SCHOOL MEAL MENU OPTIONS ** Great Food for Thought **

Menu Commencing
September 2020

		HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN COURSE 1	TUNA & Sweet Corn Pasta ^② with Green Salad	MILD CHICKEN CURRY with Mixed Veg served on Boiled Rice	SAUSAGE & PASTA ^② ● BAKE Our Sausage, Cheddar, Tomato & Pasta
	MAIN COURSE 2	JACKET POTATO with Cheese ^⑦ & Baked Beans ^①	BBQ'd ^① ② ^③ QUORN PIECES with Rice and Mixed Vegetables	SPINACH PASTA ^② ● BAKE Tender Spinach Leaves, Tomato & Pasta
	PUDDING	APPLE & OAT ^② CRUMBLE with Custard ^④ ⑦	CRAZY ICED BUN ^②	GINGERBREAD SHAPES ^②
TUESDAY	MAIN COURSE 1	SPAGHETTI BEEF BOLOGNAISE ^② ①①⑤ with Green Salad	COTTAGE PIE with Peas & Carrots	BBQ'D● CHICKEN with Mixed Vegetables & Rice
	MAIN COURSE 2	SPAGHETTI VEGETABLE BOLOGNAISE ^② ①⑥ with Green Salad	VEGETARIAN COTTAGE PIE with Peas & Carrots	BBQ'd● VEGETABLES with Broccoli & Rice
	PUDDING	Home Made PLAIN RICH SHORTBREAD ^②	TREACLE SPONGE ^② with Custard ^④ ⑦	CHOCOLATE ^⑦ CRACKNEL
WEDNESDAY	MAIN COURSE 1	ROAST PORK & Apple ^① Sauce with Seasonal Greens, Roast Potatoes & Gravy	ROAST TURKEY with home made Stuffing ^② Seasonal Greens, Roast Potatoes & Gravy	ROAST BEEF● & 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	CHICKEN CASSEROLE with Basmati Rice & Broccoli	Home Made, Italian Style HAM PIZZA ^② ⑦● with RICE SALAD	CHIPOLATA SAUSAGES ^② Baby Potatoes, Peas, Gravy
	MAIN COURSE 2	ROOT VEGETABLE CASSEROLE with New Potatoes & Broccoli	Home Made, Italian Style VEGETABLE PIZZA ^② ● with RICE SALAD	VEGETARIAN SAUSAGES Baby Potatoes, Peas, Gravy
	PUDDING	Home Made OATY ^② FLAPJACK	CHOCOLATE BANANA SPONGE ^②	Old Fashioned APPLE CAKE ^②
FRIDAY	MAIN COURSE 1	FISH ^⑤ ② FINGERS with Potato Chips & Spaghetti Hoops ^② ①②③	BATTERED COD ^⑤ ②⑦ with Baby Potatoes & Peas	FISH ^⑤ ② FINGERS Mild Spicy Tomato Sauce on Pasta ^② ①⑤ & Sweetcorn
	MAIN COURSE 2	VEGETABLE FINGERS ^② with Potato Chips & Spaghetti Hoops ^② ①②③	VEGETABLE BURGERS with Baby Potatoes & Peas	VEGETABLE FINGERS ^② Mild Spicy Tomato Sauce on Pasta ^② ①⑤ & Sweetcorn
	PUDDING	Freshly Prepared FRUIT SALAD ^④ ⑥⑦	Freshly Prepared FRESH FRUIT JELLY ^④ ①⑥⑦ Real Fresh Fruit Pieces in Fruit Jelly	Freshly Prepared FRUIT SALAD ^④ ⑥⑦

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

SCHOOL MEAL MENU OPTIONS ** Great Food for Thought **

*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*