

SCHOOL MEAL MENU OPTIONS

** Great Food for Thought **

Menu Starting
January 2021

	HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN COURSE 1	TOAD in the HOLE(2)(7) with Peas and Baby Potatoes	MILD CHICKEN CHILLI with Rice
	MAIN COURSE 2	VEGETARIAN TOAD in the HOLE(2)(7) with Peas and Baby Potatoes	MILD VEGETABLE CHILLI with Rice
	PUDDING	GINGERBREAD SHAPES(2)	APPLE(6) & APRICOT CRUMBLE(2)(4)(7) with Custard(7)
TUESDAY	MAIN COURSE 1	CHICKEN CASSEROLE with Mixed Vegetables & Rice	CHIPOLATA SAUSAGES(2) Baby Potatoes, Peas, Gravy
	MAIN COURSE 2	VEGETABLE CASSEROLE with Rice	VEGETARIAN SAUSAGES Baby Potatoes, Peas, Gravy
	PUDDING	Home Made SCILLIAN LEMON BUN(2)	Home Made OATY(2) FLAPJACK
WEDNESDAY	MAIN COURSE 1	ROAST PORK & Apple(6) Sauce with Seasonal Greens, Roast Potatoes & Gravy	ROAST BEEF(4) & Yorkshire Pudding(2)(7) with Seasonal Greens, Roast Potatoes & Gravy
	MAIN COURSE 2	VEGETABLE FINGERS with 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
THURSDAY	MAIN COURSE 1	MINCED BEEF COBLER(2) Baby Potatoes & Carrots with Broccoli	Home Made 100% BEEF BURGER in a BUN(2) with Chips and Salad
	MAIN COURSE 2	VEGETABLE COBLER(2) Baby Potatoes & Carrots with Broccoli	VEGETABLE FINGERS(2) with Chips and Salad
	PUDDING	Old Fashioned APPLE CAKE(2)	Home Made DATE CRISP
FRIDAY	MAIN COURSE 1	FISH(5)(2) FINGERS with Rice & Sweet Corn with & Spicy Tomato(2)(1)(2)(8)	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 FINGERS(2) Mild Spicy Tomato Sauce on Pasta(2)(1)(8) & Sweetcorn
	PUDDING	Freshly Prepared FRUIT SALAD(3)(6)(7) Real Fresh Fruit Pieces in Fruit Jelly	Freshly Prepared 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