

SCHOOL MEAL MENU OPTIONS

** Great Food for Thought **

Menu Starting
April 2021

		HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN COURSE 1	Unsmoked HAM SALAD with Rice, Mixed Beans, Sweetcorn & Green Salad	BEEF BOLOGNAISE PASTA BAKE (2) (1) (4) (8) with Green Salad	Home Made HOT DOGS (2) with Chips & Salad
	MAIN COURSE 2	CHEESE (7) SALAD with Rice, Mixed Beans, Sweetcorn & Green Salad	MUSHROOM PASTA BAKE (2) (1) (8) with Green Salad	Home Made VEGETABLE HOT DOGS with Chips & Salad
	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
TUESDAY	MAIN COURSE 1	CHICKEN PIE with Gravy Mixed Vegetables & Puff Pastry (2) Top	MILD CHICKEN CURRY with Mixed Veg served on Boiled Rice	HAM, MAC & CHEESE (2) (7) with Red & Green Mixed Salad
	MAIN COURSE 2	VEGETABLE PIE with Gravy Mixed Vegetables & Puff Pastry (2) Top	BBQ'd (1) (2) (8) QUORN PIECES with Rice and Mixed Vegetables	MAC & CHEESE (2) (7) with Red & Green Mixed Salad
	PUDDING	Home Made PLAIN SHORTBREAD (2) FINGERS	Home Made ICED FINGER BUN (2)	Home Made SICILIAN LEMON BUN (2)
WEDNESDAY	MAIN COURSE 1	ROAST PORK & Apple (6) Sauce with Seasonal Greens, Roast Potatoes & Gravy	ROAST TURKEY with home made Stuffing (2) 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 ROAST (4) with home made Stuffing (2) Seasonal Greens, Roast Potatoes & Gravy	QUORN FILLETS (4) with Seasonal Greens, Roast Potatoes & Gravy
	PUDDING	Freshly Prepared FRUIT SALAD (3) (6) (7)	Freshly Prepared FRUIT SALAD (3) (6) (7)	Freshly Prepared FRUIT SALAD (3) (6) (7)
THURSDAY	MAIN COURSE 1	Our Home Made CHIPOLATA SAUSAGES (2) Baby Potatoes, Peas, Gravy	Our butcher's SAUSAGE ROLL (2) with Creamy Mashed Potato (7) and Baked Beans (1)	CHICKEN & TOMATO (1) PASTA BAKE (2) (7) with Mixed Vegetables
	MAIN COURSE 2	VEGETARIAN SAUSAGES Baby Potatoes, Peas, Gravy	VEGETARIAN SAUSAGE ROLL (2) with Creamy Mashed Potato (7) & Baked Beans (1)	MOZZARELLA (7) & TOMATO (1) PASTA BAKE (2) with Mixed Vegetables
	PUDDING	CHOCOLATE CHIP BUN (2) (13)	Home Made OATY (2) FLAPJACK	CHOCOLATE (7) CRACKNEL
FRIDAY	MAIN COURSE 1	FISH (5) (2) FINGERS with Rice & Sweet Corn with & Spicy Tomato (2) (1) (2) (8)	BATTERED COD (5) (2) (7) with Baby Potatoes & Peas	JACKET POTATO, TUNA MAYO (4) & SWEETCORN with Salad
	MAIN COURSE 2	VEGETABLE FINGERS (2) with Rice & Sweet Corn with & Spicy Tomato (2) (1) (2) (8)	VEGETABLE BURGERS with Baby Potatoes & Peas	JACKET POTATO, CHEESE (7) & BEANS (1) with Salad
	PUDDING	APPLE (6) CRUMBLE (2) with Custard (7)	BANANA CAKE (2)	GINGERBREAD SHAPES (2)

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

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		HIGH TEA MENU WEEK 1	HIGH TEA MENU WEEK 2	HIGH TEA MENU WEEK 3
MONDAY	MAIN	EGG ④ or CREAM CHEESE ⑦ SANDWICH ② Using our freshly baked Wholemeal Bread	TURKEY or GREEN SALAD SANDWICH ② Using our freshly baked Granary Bread	HAM or EGG ④ & CRESS SANDWICH ② Using our freshly baked White Bread
	ACCOMPANIMENT	CHERRY TOMATO ① QUARTERS Selected for taste	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber	RICE CAKES
	DESSERT	STEWED FRUIT Freshly stewed to retain all the goodness	GINGERBREAD MAN ② Classic Favourite	BANANA CAKE ②
TUESDAY	MAIN	DIPS (Cream Cheese ⑦ & Houmous ⑫) with TOASTED HERB TRIANGLES ②	DIPS (Cream Cheese ⑦ & Houmous ⑫) with PITTA BREAD FINGERS ②	CHEESE ⑦ SCONE ② Home Made with Somerset Cheddar
	ACCOMPANIMENT	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber	GRAPES Selected for taste and Quartered	CHERRY TOMATO ① QUARTERS Selected for taste
	DESSERT	MIXED FRUIT YOGURT ⑦ Made on an Award Winning Family Dairy Farm	FRESH FRUIT SALAD Delicious Fresh Fruit prepared in our Kitchens ③ ⑥ ⑦	FRESH FRUIT SALAD Delicious Fresh Fruit prepared in our Kitchens ③ ⑥ ⑦
WEDNESDAY	MAIN	CHICKEN or CHEESE ⑦ SALAD WRAP ② Traceable Chicken and Green Salad	HAM or EGG ④ & CRESS SANDWICH ② Using our freshly baked White Bread	FILLED PITTA BREAD ② with Roast Chicken or Cottage Cheese ⑦ Salad
	ACCOMPANIMENT	SELECTION OF DRIED FRUIT ⑭ From: Apricots, Cranberries, Dates, Raisins & Sultanas	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber
	DESSERT	Home Made PLAIN SHORTBREAD ② FINGERS	BANANA CUSTARD ⑦	LOADED BANANA CAKE ② ④ Home Made from scratch using Fresh Bananas
THURSDAY	MAIN	HAM or EGG ④ & CRESS SANDWICH ② Using our freshly baked White Bread	CHEESE ⑦ & ONION FINGERS ② Plain or with Ham	DIPS (Cream Cheese ⑦ & Houmous ⑫) with TOASTED HERB TRIANGLES ②
	ACCOMPANIMENT	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber	PINEAPPLE CUBES Home Prepared from ripened Pineapples	SELECTION OF DRIED FRUIT ⑭ From: Apricots, Cranberries, Dates, Raisins & Sultanas
	DESSERT	FRUIT LOAF ② with optional Dairy Free Spread	CHOCOLATE BEETROOT CAKE ② ④ Moist & Nutritious	PLAIN FLAPJACK FINGERS Home Made using Wholegrain Oats ②
FRIDAY	MAIN	CREAM CHEESE ⑦ or HOUMUS ROLL ②	PORK or CUCUMBER SANDWICH ② Using our freshly baked Wholemeal Bread	Mini SAUSAGE ROLLS ② or VEGETARIAN SAUSAGE ② WRAP ②
	ACCOMPANIMENT	CUCUMBER STICKS	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber	VEGETABLE STICKS Selected from: Carrot, Celery ①, Courgette & Cucumber
	DESSERT	RAISIN ⑭ AND OAT BISCUIT ② Home Made using Wholegrain Oats	GINGERBREAD SHAPES ②	Home Made SICILIAN LEMON BUN ②

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 -
Yogurt & Fresh Whole Fruit available daily as an alternative dessert

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, Pork ⑨

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