

SCHOOL MEAL MENU OPTIONS

** Great Food for Thought **

Menu Commencing
September 2019

		HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN COURSE 1	JACKET POTATO with Tuna ^⑤ Mayo ^④ ^⑨ & Sweet Corn	SPAGHETTI BEEF BOLOGNAISE ^② ^① ^④ ^⑧ with Green Salad	HAM & CHEESE ^⑦ MACARONI ^② with Sweet Corn & Peppers ^②
	MAIN COURSE 2	JACKET POTATO with Cheese ^⑦ & Baked Beans ^①	SPAGHETTI VEGETABLE BOLOGNAISE ^② ^① ^⑧ with Green Salad	MACARONI ^② CHEESE ^⑦ with Sweet Corn & Peppers ^②
	PUDDING	GINGERBREAD MAN ^② <i>Classic Favourite</i>	APPLE ^⑥ & OAT ^② CRUMBLE with Pouring Custard ^⑦	MILK CHOCOLATE MOUSSE ^⑦ <i>Delightfully Delicious</i>
TUESDAY	MAIN COURSE 1	BBQ'd ^① ^② ^⑧ PULLED CHICKEN with Rice and Mixed Vegetables	Our butcher's SAUSAGE ROLL ^② with Pasta ^② , Sweet Corn & Baked Beans ^①	COTTAGE PIE with Peas & Carrots
	MAIN COURSE 2	BBQ'd ^① ^② ^⑧ QUORN PIECES with Rice and Mixed Vegetables	VEGETARIAN SAUSAGE ROLL ^② ^⑧ Pasta ^② , Sweet Corn & Baked Beans ^① ^⑧	VEGETARIAN COTTAGE PIE with Peas & Carrots
	PUDDING	APPLE ^⑥ & APRICOT SPONGE ^② ^④ ^⑦ with Custard ^⑦	LOADED BANANA CAKE ^② ^④	PLAIN OATY ^② FLAPJACK
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 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	MILD BEEF CHILLI Con CARNE ^① ^④ ^⑧ with Boiled Riced	CHICKEN CASSEROLE with Rice	SAUSAGE ^② PASTA BAKE with Mixed Beans and Broccoli
	MAIN COURSE 2	MILD VEGETABLE CHILLI with Boiled Rice ^① ^⑧	VEGETABLE CASSEROLE with Rice	VEGETABLE SAUSAGE PASTA BAKE ^② ^⑧ with Broccoli
	PUDDING	SULTANA ^⑭ BUNS ^②	MILK CHOCOLATE MOUSSE ^⑦ <i>Delightfully Delicious</i>	Iced CHOCOLATE SPONGE ^② ^④ ^⑦
FRIDAY	MAIN COURSE 1	FISH ^⑤ ^② FINGERS with Potato Chips & Spaghetti Hoops ^② ^① ^② ^⑧	BATTERED COD ^⑤ ^② ^⑦ with Baby Potatoes & Peas	FISH ^⑤ ^② FINGERS with Potato Chips & Baked Beans ^①
	MAIN COURSE 2	VEGETABLE FINGERS ^② with Potato Chips & Spaghetti Hoops ^② ^① ^② ^⑧	VEGETABLE BURGERS with Baby Potatoes & Peas	VEGETABLE FINGERS ^② with Potato Chips & Baked Beans ^①
	PUDDING	<i>Freshly Prepared</i> FRUIT SALAD ^③ ^⑥ ^⑦	<i>Freshly Prepared</i> FRESH FRUIT JELLY ^③ ^④ ^⑥ ^⑦ Real Fresh Fruit Pieces in Fruit Jelly	<i>Freshly Prepared</i> 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