

October Menu 2018/2019

Monday WEEK 1	Tuesday	Wednesday	Thursday	Friday
Chicken sausage	Homemade pasta bolognaise	Roast chicken with sage and onion seasoning	Chilli con carne with homemade nacho	Breaded fish *
Quorn Tikka with Nan bread	Quorn hot dog	Quorn sausage with BBQ sauce	Cheese whirls	Deep pan wholemeal Quorn pizza
Tuna wrap	Cajun chicken wrap	Egg mayonnaise and cress finger roll	Chicken mayo pitta	Wholemeal cheese sandwich
Jacket potato with choice of filling	Jacket potato with choice of filling	Jacket potato with choice of filling	Jacket potato with choice of filling	Jacket potato with choice of filling
Homemade Cake and Custard	Rice pudding	Apple cake and custard	Banana cake with custard	Shortbread biscuit with orange wedge
Fresh fruit, yogurt	Fresh fruit, cheese and biscuits, yogurt	Fresh fruit, yogurt	Fresh fruit, yogurt	Fresh fruit, cheese and biscuits, yogurt
Creamed potatoes, rice, peas, sweetcorn	½ Jacket potato, noodles, carrots and green beans	Creamed potato, beans, peas	New potatoes, rice, green beans, sweetcorn	Chips, mushy peas, baked beans
Monday WEEK 2	Tuesday	Wednesday	Thursday	Friday
Minced beef with dumplings	Chicken fillet in a bun	Roast Turkey with sage and onion	Homemade savoury meat pie	Fish fingers
Quorn pizza wrap	Tomato and basil pasta	Vegetable Quorn Korma and Nan bread	Quorn burger in a bun	French bread margarita pizza
Half cheese baguette	Coronation chicken wrap	Tuna finger roll	Half chicken baguette	Egg mayonnaise finger roll
Jacket potato with choice of filling	Jacket potato with choice of filling	Jacket potato with choice of filling	Jacket potato with choice of filling	Jacket potato with choice of filling
Chocolate sponge and custard	Chocolate and beetroot muffin	Jelly and fruit	Lemon sponge with custard	Chocolate fudge pudding
Fresh fruit , yogurt	Fresh fruit , yogurt	Fresh fruit , yogurt	Fresh fruit ,cheese and biscuits, yogurt	Fresh fruit , yogurt
Creamed potatoes, ½ baked potato, peas, carrots	New potatoes, sweetcorn ,green beans	Roast potatoes, rice, carrots and peas	New potatoes , mixed vegetables	Chips, mushy peas, beans
Monday WEEK 3	Tuesday	Wednesday	Thursday	Friday
All day breakfast	Shepherd's pie	Chicken and gravy	Quorn Korma and nan bread	Fish fingers or Salmon Nuggets
Omelette	Veggie meatballs with tomato sauce	Homemade cheese and onion pie	Pepperoni pizza	Vegetable sausage roll
Tuna and sweetcorn half baguette	Cheese bap	Coronation chicken wrap	Egg mayonnaise finger roll	Cream cheese and pepper wrap
Jacket potato with choice of filling	Jacket potato with choice of filling	Jacket potato with choice of filling	Jacket potato with choice of filling	Jacket potato with choice of filling
Apricot and sultana tea bread	Banana cake and custard	Ginger cake with vanilla sauce	Chocolate sponge with mandarin oranges	Artic roll
Fresh fruit ,yogurt	Fresh fruit , yogurt	Fresh fruit ,cheese and biscuits, yogurt	Fresh fruit , yogurt	Fresh fruit ,cheese and biscuits, yogurt
Baked beans, Baked new potatoes, sweetcorn	Pasta , carrots and broccoli	Creamed potatoes, rice, peas, carrots, baked beans	Rice, 1/2 jacket potato ,sweetcorn, carrots	Chips ,mushy peas

Available daily - assorted yogurts, chopped fresh fruit, fresh wholemeal bread, salad pots and lots of fresh water. Allergy advice - all our food is prepared in a kitchen where nuts, gluten and other ingredients are present and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergen information is available from your school. Any fish we serve will vary depending on availability. We only select fish from sustainable sources. (V) Suitable for vegetarian or vegetarian option available. Our fish and chicken dishes may contain bones. All items on the menu are subject to availability and may be changed without prior notice to a suitable alternative ( \* Smart crumb coating)