

SCHOOL MEAL MENU OPTIONS

*** Great Food for Thought ***

Menu Starting
January 2024

		HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN COURSE 1	SAUSAGE ROLL ⁽¹⁾⁽²⁾⁽⁷⁾⁽⁹⁾⁽¹⁴⁾ , Mashed Potato & Garden Peas	MILD CHICKEN CURRY ⁽⁹⁾⁽¹⁾⁽²⁾⁽⁸⁾ served with Rice and Mixed Vegetables	BEEF SPAGHETTI BOLOGNESE ⁽²⁾⁽¹⁾⁽⁸⁾ Tomato & Veg Sauce with a side of Garlic Bread ⁽²⁾
	MAIN COURSE 2	VEGETARIAN SAUSAGE ROLL ⁽²⁾ Mashed Potato & Garden Peas	MILD QUORN CURRY ⁽⁹⁾⁽¹⁾⁽²⁾⁽⁸⁾ served with Rice and Mixed Vegetables	VEGETABLE SPAGHETTI BOLOGNESE ⁽²⁾⁽¹⁾⁽⁸⁾ Tomato & Veg Sauce with a side of Garlic Bread ⁽²⁾
	JACKET OPTION	JACKET POTATO with Tuna ⁽⁵⁾ & Sweet Corn	JACKET POTATO with Rataouille ⁽¹⁾⁽¹⁾⁽²⁾⁽⁸⁾	JACKET POTATO with Tuna ⁽⁵⁾ & Sweet Corn
	PUDDING	MIXED FRUIT YOGURT ⁽⁷⁾	MIXED FRUIT YOGURT ⁽⁷⁾	MIXED FRUIT YOGURT ⁽⁷⁾
TUESDAY	MAIN COURSE 1	BECHEMEL TOPPED CHICKEN PASTA BAKE ⁽²⁾⁽⁷⁾ Chicken in Diced Vegetable & Tomato Sauce	HAM & CHEESE PIZZA ⁽²⁾⁽⁷⁾⁽¹⁾ Wedges with a Salad Side	MACARONI ⁽²⁾ , HAM & CHEESE ⁽⁷⁾ with Broccoli
	MAIN COURSE 2	BECHEMEL TOPPED QUORN PASTA BAKE ⁽²⁾⁽⁷⁾ Quorn in Diced Vegetable & Tomato Sauce	PIZZA MARGHERITA ⁽²⁾⁽⁷⁾⁽¹⁾ Wedges with a Salad Side	MAC'N'CHEESE ⁽²⁾⁽⁷⁾ with Broccoli
	JACKET OPTION	JACKET POTATO with Chicken & Smoky Bacon Creamy Sauce ⁽⁷⁾	JACKET POTATO with Tuna ⁽⁵⁾ Melt ⁽⁷⁾	JACKET POTATO with Chicken & Creamy ⁽⁷⁾ Mushroom Sauce
	PUDDING	CHERRY FLAPJACK ⁽²⁾	Home Made SULTANA BUNS ⁽²⁾	OAT BISCUIT ⁽²⁾ Home Made using Wholegrain Oats
WEDNESDAY	MAIN COURSE 1	ROAST BEEF & Yorkshire Pudding ⁽²⁾⁽⁴⁾⁽⁷⁾ with Seasonal Greens, Roast Potatoes & Gravy	ROAST PORK & Apple ⁽¹⁴⁾⁽⁶⁾ Sauce with Seasonal Greens, Roast Potatoes & Gravy	ROAST TURKEY with home made Stuffing ⁽²⁾ Seasonal Greens, Roast Potatoes & Gravy
	MAIN COURSE 2	VEGETABLE FINGERS & Yorkshire Pudding ⁽²⁾⁽⁴⁾⁽⁷⁾ with Seasonal Greens, Roast Potatoes & Gravy	QUORN ROAST ⁽⁴⁾ & Apple ⁽¹⁴⁾⁽⁶⁾ Sauce Seasonal Greens, Roast Potatoes & Gravy	VEGETABLE BURGERS ⁽²⁾⁽⁴⁾ with Seasonal Greens, Roast Potatoes & Gravy
	JACKET OPTION	JACKET POTATO with Ham & Cheese ⁽⁷⁾	JACKET POTATO with Bacon & Cheese ⁽⁷⁾	JACKET POTATO with Baked Beans ⁽¹⁾⁽²⁾⁽⁸⁾ & Ham
	PUDDING	GINGERBREAD SHAPES ⁽²⁾	Freshly Prepared FRESH FRUIT JELLY ⁽³⁾⁽⁴⁾⁽⁶⁾⁽⁷⁾ Real Fresh Fruit Pieces in Fruit Jelly	Home Made PLAIN SHORTBREAD ⁽²⁾⁽⁴⁾ FINGERS
THURSDAY	MAIN COURSE 1	HAM & CHEESE ⁽⁷⁾ PINWHEELS with French Fries & Baked Beans ⁽¹⁾⁽²⁾⁽⁸⁾	Our CHIPOLATA SAUSAGES ⁽¹⁾⁽²⁾⁽⁹⁾⁽¹⁴⁾ Baby Potatoes, Peas, Carrots & Gravy	MILD BEEF CHILLI ⁽⁴⁾⁽⁸⁾ in a Tomato ⁽¹⁾ Sauce with Rice and Mixed Veg
	MAIN COURSE 2	CHEESEY ⁽⁷⁾ PINWHEELS with French Fries & Baked Beans ⁽¹⁾⁽²⁾⁽⁸⁾	VEGETARIAN SAUSAGES ⁽¹⁾⁽²⁾⁽⁹⁾⁽¹⁴⁾ Baby Potatoes, Peas, Carrots & Gravy	MILD VEGETABLE CHILLI ⁽⁴⁾⁽⁸⁾ in a Tomato ⁽¹⁾ Sauce with Rice and Mixed Veg
	JACKET OPTION	JACKET POTATO with Rataouille ⁽¹⁾⁽¹⁾⁽²⁾⁽⁸⁾	JACKET POTATO with Chicken & Creamy ⁽⁷⁾ Mushroom Sauce	JACKET POTATO with Bacon & Cheese ⁽⁷⁾
	PUDDING	BANANA CAKE ⁽²⁾⁽⁴⁾	CARROT CAKE ⁽²⁾⁽⁴⁾	LEMON MUFFIN ⁽²⁾⁽⁴⁾
FRIDAY	MAIN COURSE 1	FISH ⁽⁵⁾ FINGERS ⁽²⁾ with Mashed Potato and Peas	TUNA PASTA BAKE ⁽²⁾⁽⁷⁾ with Sweet Corn & Peas	FISH ⁽⁵⁾ FINGERS ⁽²⁾ , CHIPS & PEAS with Home Made Smooth Tomato Sauce ⁽¹⁾
	MAIN COURSE 2	VEGETABLE FINGERS ⁽²⁾ with Mashed Potato and Peas	VEGETABLE PASTA BAKE ⁽²⁾⁽⁷⁾ with Sweet Corn & Peas	VEGETABLE FINGERS ⁽²⁾ , CHIPS & PEAS with Home Made Smooth Tomato Sauce ⁽¹⁾
	JACKET OPTION	JACKET POTATO with Mild Beef Chilli ⁽¹⁾⁽⁴⁾⁽⁸⁾ & Cheese ⁽⁷⁾	JACKET POTATO with Baked Beans ⁽¹⁾⁽²⁾⁽⁸⁾ & Ham	JACKET POTATO with Mild Curried Vegetables ⁽⁹⁾⁽¹⁾⁽²⁾⁽⁸⁾
	PUDDING	Freshly Prepared FRESH FRUIT JELLY ⁽³⁾⁽⁴⁾⁽⁶⁾⁽⁷⁾ Real Fresh Fruit Pieces in Fruit Jelly	CHOCOLATE COOKIE ⁽²⁾⁽⁷⁾	Freshly Prepared FRESH FRUIT JELLY ⁽³⁾⁽⁴⁾⁽⁶⁾⁽⁷⁾ Real Fresh Fruit Pieces in Fruit Jelly

Milk & Freshly Baked Wholegrain Bread is included with this Menu. A daily option of Oily Fish is also offered (Food Plan recommendation) and Fresh Fruit is available as an alternative pudding.

Allergen & Intolerance codes accompany each Item with an explanation in the Key below. Please be aware all food types are used in our Kitchens.

- 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⁾

We have eliminated Palm Oil Ingredients where currently possible. Substitute menus are available but may be an additional charge