

SCHOOL MEAL MENU OPTIONS

** Great Food for Thought **

Menu Starting
April 2024

		HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN COURSE 1	BEEF SPAGHETTI BOLOGNESE (2) (1) (8) Tomato & Veg Sauce with a side of Garlic Bread (2)	SAUSAGE ROLL (1) (2) (7) (9) (14), Baby Potato & Garden Peas	MILD CHICKEN CURRY (9) (1) (2) (8) served with Rice and Mixed Vegetables
	MAIN COURSE 2	VEGETABLE SPAGHETTI BOLOGNESE (2) (1) (8) Tomato & Veg Sauce with a side of Garlic Bread (2)	VEGETARIAN SAUSAGE ROLL (2) Baby Potato & Garden Peas	MILD QUORN CURRY (9) (1) (2) (8) served with Rice and Mixed Vegetables
	JACKET OPTION	JACKET POTATO with Tuna (4) (5) (9) & Sweet Corn	JACKET POTATO with Rataouille (1) (1) (2) (8)	JACKET POTATO with Tuna (4) (5) (9) & Sweet Corn
	PUDDING	MIXED FRUIT YOGURT (7)	MIXED FRUIT YOGURT (7)	MIXED FRUIT YOGURT (7)
TUESDAY	MAIN COURSE 1	HAM, CHEESE (7) & POTATO PIE (8) with Cucumber & Carrot Sticks	MILD BEEF CHILLI (4) (8) in a Tomato (1) Sauce with Rice and Mixed Veg	Home Made BEEF PASTY (2) (4) (8) with Mixed Salad
	MAIN COURSE 2	CHEESE (7) & POTATO PIE (8) with Cucumber & Carrot Sticks	MILD VEGETABLE CHILLI (4) (8) in a Tomato (1) Sauce with Rice and Mixed Veg	Home Made VEGETABLE PASTY (2) (8) with Mixed Salad
	JACKET OPTION	JACKET POTATO with Chicken & Smoky Bacon Creamy Sauce (7)	JACKET POTATO with Tuna (4) (5) (9) Melt (7)	JACKET POTATO with Chicken & Creamy (7) Mushroom Sauce
	PUDDING	OAT BISCUIT (2) Home Made using Wholegrain Oats	Home Made PLAIN SHORTBREAD (2) FINGERS	Home Made SULTANA BUNS (2)
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)	CHOCOLATE COOKIE (2) (7)	Home Made ORANGE TRAYBAKE SPONGE (2) (4)
THURSDAY	MAIN COURSE 1	Our CHIPOLATA SAUSAGES (1) (2) (9) (14) Baby Potatoes, Peas, Carrots & Gravy	PLAIN PASTA (2) with CHICKEN in a Mixed Vegetable & Tomato (1) Sauce	HAM & CHEESE PIZZA (2) (7) (1) with Mixed Vegetable Rice Salad
	MAIN COURSE 2	VEGETARIAN SAUSAGES (1) (2) (9) (14) Baby Potatoes, Peas, Carrots & Gravy	PLAIN PASTA (2) with QUORN in a Mixed Vegetable & Tomato (1) Sauce	PIZZA MARGHERITA (2) (7) (1) with Mixed Vegetable Rice Salad
	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	APPLE CRUMBLE (2) & CUSTARD (7)	PLAIN FLAPJACK (2)	BANANA CAKE (2) (4)
FRIDAY	MAIN COURSE 1	FISH (5) FINGERS (2) with Chips & Baked Beans (1) (2) (8)	FISH (5) FINGERS (2) with Potato Wedges & Peas	FISH (5) FINGERS (2) with Pasta (2) & Tomato & Vegetable Sauce (1)
	MAIN COURSE 2	VEGETABLE FINGERS (2) with Chips & Baked Beans (1) (2) (8)	VEGETABLE FINGERS (2) with Potato Wedges & Peas	VEGETABLE FINGERS (2) with Pasta (2) & Tomato & Vegetable 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	Freshly Prepared FRESH FRUIT JELLY (3) (4) (6) (7) Real Fresh Fruit Pieces in Fruit Jelly	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