

# SCHOOL MEAL MENU OPTIONS

\*\* Great Food for Thought \*\*

Menu Starting  
September 2024

		HOT MENU WEEK 1	HOT MENU WEEK 2	HOT MENU WEEK 3
MONDAY	MAIN COURSE 1	<b>BEEF SPAGHETTI BOLOGNESE</b> (2) (1) (8) Tomato & Veg Sauce with a side of Garlic Bread (2)	<b>SAUSAGE ROLL</b> (1) (2) (7) (9) (14), Baby Potato & Garden Peas	<b>CHICKEN CASSEROLE</b> with New Potatoes, Gravy (7) & Veg
	MAIN COURSE 2	<b>VEGETABLE SPAGHETTI BOLOGNESE</b> (2) (1) (8) Tomato & Veg Sauce with a side of Garlic Bread (2)	<b>VEGETARIAN SAUSAGE ROLL</b> (2) Baby Potato & Garden Peas	<b>VEGETABLE CASSEROLE</b> with New Potatoes, Gravy (7) & Veg
	JACKET OPTION	<b>JACKET POTATO</b> with Tuna (4) (5) (9) & Sweet Corn	<b>JACKET POTATO</b> with Rataouille (1) (1) (2) (8)	<b>JACKET POTATO</b> with Tuna (4) (5) (9) & Sweet Corn
	PUDDING	<b>MIXED FRUIT YOGURT</b> (7)	<b>MIXED FRUIT YOGURT</b> (7)	<b>MIXED FRUIT YOGURT</b> (7)
TUESDAY	MAIN COURSE 1	<b>HAM, MAC</b> (2) & <b>CHEESE</b> (7) with Salad	<b>BEEF</b> (4) <b>COTTAGE PIE</b> with Mashed Potato, Peas & Carrots	<b>Home Made MEAT BALLS</b> (2) in a Tomato (1) Sauce with Rice & Peas
	MAIN COURSE 2	<b>MAC</b> (2) & <b>CHEESE</b> (7) with Salad	<b>VEGETARIAN MINCE COTTAGE PIE</b> with Mashed Potato, Peas & Carrots	<b>Home Made VEGGIE BALLS</b> (2) in a Tomato (1) Sauce with Rice & Peas
	JACKET OPTION	<b>JACKET POTATO</b> with Chicken & Smoky Bacon Creamy Sauce (7)	<b>JACKET POTATO</b> with Tuna (4) (5) (9) Melt (7)	<b>JACKET POTATO</b> with Chicken & Creamy (7) Mushroom Sauce
	PUDDING	<b>BANANA CAKE</b> (2) (4)	<b>Home Made PLAIN SHORTBREAD</b> (2) <b>FINGERS</b>	<b>Home Made SULTANA BUNS</b> (2)
WEDNESDAY	MAIN COURSE 1	<b>ROAST BEEF &amp; Yorkshire Pudding</b> (2) (4) (7) with Seasonal Greens, Roast Potatoes & Gravy (7)	<b>ROAST PORK &amp; Apple</b> (14) (6) Sauce with Seasonal Greens, Roast Potatoes & Gravy (7)	<b>ROAST TURKEY</b> with home made Stuffing (2) Seasonal Greens, Roast Potatoes & Gravy (7)
	MAIN COURSE 2	<b>VEGETABLE FINGERS &amp; Yorkshire Pudding</b> (2) (4) (7) with Seasonal Greens, Roast Potatoes & Gravy	<b>QUORN ROAST</b> (4) & <b>Apple</b> (14) (6) Sauce Seasonal Greens, Roast Potatoes & Gravy	<b>VEGETABLE BURGERS</b> (2) (4) with Seasonal Greens, Roast Potatoes & Gravy
	JACKET OPTION	<b>JACKET POTATO</b> with Ham & Cheese (7)	<b>JACKET POTATO</b> with Bacon & Cheese (7)	<b>JACKET POTATO</b> with Baked Beans (1) (2) (8) & Ham
	PUDDING	<b>JAM SPONGE</b> (2) (4)	<b>PLAIN FLAPJACK</b> (2)	<b>Home Made ORANGE TRAYBAKE SPONGE</b> (2) (4)
THURSDAY	MAIN COURSE 1	<b>Our CHIPOLATA SAUSAGES</b> (1) (2) (9) (14) Baby Potatoes, Peas, Carrots & Gravy	<b>PLAIN PASTA</b> (2) with <b>CHICKEN</b> in a Mixed Vegetable & Tomato (1) Sauce	<b>HAM &amp; CHEESE PIZZA</b> (2) (7) (1) with Mixed Vegetables & Rice Salad
	MAIN COURSE 2	<b>VEGETARIAN SAUSAGES</b> (1) (2) (9) (14) Baby Potatoes, Peas, Carrots & Gravy	<b>PLAIN PASTA</b> (2) with <b>QUORN</b> in a Mixed Vegetable & Tomato (1) Sauce	<b>PIZZA MARGHERITA</b> (2) (7) (1) with Mixed Vegetables & Rice Salad
	JACKET OPTION	<b>JACKET POTATO</b> with Rataouille (1) (1) (2) (8)	<b>JACKET POTATO</b> with Chicken & Creamy (7) Mushroom Sauce	<b>JACKET POTATO</b> with Bacon & Cheese (7)
	PUDDING	<b>APPLE CAKE</b> (2) (4) & <b>CUSTARD</b> (7)	<b>CARROT CAKE</b> (2) (4)	<b>ICED CUP CAKES</b> (2) (4) with Sprinkles
FRIDAY	MAIN COURSE 1	<b>FISH</b> (5) <b>FINGERS</b> (2) with Chips & Baked Beans (1) (2) (8)	<b>FISH</b> (5) <b>FINGERS</b> (2) with Potato Wedges & Peas	<b>FISH</b> (5) <b>FINGERS</b> (2) with Pasta (2) & Tomato & Vegetable Sauce (1)
	MAIN COURSE 2	<b>VEGETABLE FINGERS</b> (2) with Chips & Baked Beans (1) (2) (8)	<b>VEGETABLE FINGERS</b> (2) with Potato Wedges & Peas	<b>VEGETABLE FINGERS</b> (2) with Pasta (2) & Tomato & Vegetable Sauce (1)
	JACKET OPTION	<b>JACKET POTATO</b> with Mild Beef Chilli (1) (4) (8) & Cheese (7)	<b>JACKET POTATO</b> with Baked Beans (1) (2) (8) & Ham	<b>JACKET POTATO</b> with Mild Curried Vegetables (9) (1) (2) (8)
	PUDDING	<b>FRUIT JELLY</b> (3) (4) (6) (7) or Real Fresh Fruit Pieces	<b>FRUIT JELLY</b> (3) (4) (6) (7) or a Chocolate Cookie (2) (7)	<b>FRUIT JELLY</b> (3) (4) (6) (7) or a Ginger Bread Man (2)

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