

## Fresh Hot Soup Available Daily

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

### MAIN MEAL 1

Roasted Vegetable,  
Tomato & Chickpea  
Pasta Bake  
(G) (W) (MK) (SO) (MU)  
& Mixed Vegetable

Thai Chicken Curry  
(MK)  
Served with Fragrant  
Rice & Medley of Green  
Vegetables

Beef Bolognese  
served with Spaghetti  
(G) (W) (MU) (SO),  
Garlic & Herb Bread  
(G) (W) (MK) (SO),  
Seasonal Vegetables or  
Mixed Salad

Roast Chicken served  
with Roast Potatoes,  
Carrots, Broccoli, and  
Gravy

Salmon Fish Fingers  
(G) (W) (F)  
served with Chips,  
Garden Peas or Baked  
Beans

### MAIN MEAL 2

Cheese & Tomato  
Pinwheels (G) (W) (E)  
(SO) (MK)  
Served With Wholegrain  
Rice & Mixed Vegetable

Creamy Cheese and  
Leek and Potato Puff  
Pastry Pie  
(G) (W) (MU) (MK) (E)

Vegetable & Lentil Bolognese  
served with Penne Pasta  
(G) (W) (MU) (SO),  
Garlic & Herb Bread  
(G) (W) (MK) (SO),  
Seasonal Vegetables or Mixed  
Salad

Cauliflower, Broccoli Lentil  
Cheese Bake  
(G) (W) (MK)  
Served with Roast  
Potatoes, Carrots, Broccoli  
and Gravy

Roasted Butternut  
Squash and Spinach  
Thai Curry  
(MK)  
served with Rice and  
Veg

### MAIN MEAL 3

Baked Cod  
(F)  
with Capers and Sun  
Dried Tomatoes served  
with Rice

Jacket Potato with Choice  
of Toppings  
Baked Beans  
Cheddar Cheese (MK)  
Tuna Mayo (F) (E)  
served with  
Fresh Salad

Vegetable Birayana  
(MK) (MU)

Pasta Twists with a  
Tomato Sauce Sauce  
(G)(W)(SO)(MU)  
with Fresh Salad and  
Chunky Bread  
(G)(W)

Beef Burger in a Bun  
(G) (W) (SE)  
with Skinny Fries and  
Baked Beans or Peas

### DESSERTS

Choose One of Our  
Fabulous Dessert  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our  
Fabulous Desserts  
Apple Crumble and Custard  
(G) (W) (MK)  
Natural Yogurt & Coulis  
Fresh Fruit Pot  
(MK)

Choose One of Our  
Fabulous Desserts  
Cheese and Biscuits  
(G) (W) (MK)  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our  
Fabulous Desserts  
Fruity Flapjack  
(G) (W)  
Natural Yogurt & Coulis  
(MK)  
Fresh Fruit Pot

Choose One of Our  
Fabulous Desserts  
Fruity Yoghurt  
(MK)  
Fruity Jelly  
Fresh Fruit Pot

Allergen symbols are provided as guide only and daily allergen information is available via the school kitchen

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

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### MAIN MEAL 1

Rainbow Wholemeal Pizza  
(G) (W) (SO) (E) (MK)  
Served with Baked Potato Wedges (G) (W) Peas & Sweetcorn

Marinated Jerk Chicken (MU) (SU)  
Served With Rice & Peas, Mixed Vegetable

Italian Meatball in a Rich Tomato Sauce Served with Pasta (G) (W) (SO) (MU) & Mixed Vegetables

Roast Turkey served with Roast Potatoes, Carrots, Broccoli and Gravy

Breaded Fish Fillet (G) (W) (F)  
served with Chips, Garden Peas or Baked Beans

### MAIN MEAL 2

Vegetarian Puff Pastry Pie (SO)

Sweet Potato & Black Bean Curry (G) (W) (MU) (SU)  
Served With Rice & Peas, Mixed Vegetable

Italian Vegan Meatball in a Rich Tomato Sauce (SO)  
Served with Pasta (G) (W) (SO) (MU) & Mixed Vegetables

Baquette with your choice of fillings :  
Chicken and Mayo  
Or  
Cheese  
(G) (W) (SE) (E) (SU) (MK)

vegetable Chow Mein  
(G) (W) (E) (SE) (SO)

### MAIN MEAL 3

Katsu and Vegetable and Chick Pea Curry (MU) (MK)  
served with Rice and Vegetables

Spanish Style Hake (F)

Fish Paella (F)

Pasta Twists with Homemade Tomato and Vegetable Sauce (G) (W) (SO) (MU)  
served with Fresh Salad and Chunky Bread (G) (W)

Chicken Legs and Skinny Fries with Baked Beans and Peas

### DESSERTS

Choose One Dessert  
Fabulous Desserts  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
Pancakes with all the Toppings (G) (W) (E) (MK)  
Natural Yogurt & Coulis (MK)  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
Fruity Jelly  
Cheese and Biscuits (G) (W) (MK)  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
Chocolate Brownie (G) (W) (E)  
Natural Yogurt & Coulis (MK)  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
Fruity Yoghurt (MK)  
Fruity Jelly  
Fresh Fruit Pot

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Traditional Macaroni Cheese  
(G) (W) (MK) (MU) (SO)  
Served with Homemade Garlic & Herb Bread  
(G) (W) (MK) (SE)  
, Seasonal Vegetables

Chicken Tikka (MK)  
Served with Rice, Naan Bread Finger  
(G) (W)  
and Mixed vegetable

Beef Lasagna  
(G) (W) (SO) (MU) (E) (MK)  
Served with Homemade Garlic & Herb Bread  
(G) (W) (MK) (SE)  
& Mixed Vegetables Or Fresh Salad

Roast Chicken served with Potatoes,  
Yorkshire Pudding  
(G) (W) (E) (MK)  
, Carrots, Broccoli & Gravy

Fish Fingers  
(G) (W) (F)  
Served with Chips,  
Garden Peas or Baked Beans

### MAIN MEAL 2

Moroccan Vegetable & Chickpea Tagine  
(G) (W)  
Served with Crusty Whole meal Bread  
(G) (W)

Lamb Hotpot

Winter Vegetable Stew with New Potatoes and Vegetables

Tex Mex Vegetable & Cheese Burrito  
(G) (W) (MK) (SO)  
Served With Mixed Vegetables Or Fresh Salad

Vegetable Tikka Curry (MK)  
with Fluffy Rice and Naan Bread  
(G) (W)

### MAIN MEAL 3

Jacket Potato with Choice of Toppings  
Baked Beans  
Cheddar Cheese (MK)  
Tuna Mayo (F) (E)  
served with Fresh Salad

Pasta Twists with Cheddar Cheese Sauce  
(G) (W) (MK) (MU) (SO)  
with Fresh Salad and Chunky Bread  
(G) (W)

Fish Pie  
(G) (W) (MK) (F)

Lentil Loaf with a Tomato Sauce  
(G) (W) (E)

Chicken and Bean Quesadillas  
(G) (W) (MK)

### DESSERTS

Choose One of Our Fabulous Desserts  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
Toffee Apple Crumble and Toffee Sauce (G) (W) (MK)  
Natural Yogurt & Coulis (MK)  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
Fruity Yoghurt (MK)  
Fruity Jelly  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
Cookie  
(G) (W) (SO) (E)  
Natural Yogurt & Coulis (MK)  
Fresh Fruit Pot

Choose One of Our Fabulous Desserts  
Fruity Yoghurt (MK)  
Fruity Jelly  
Fresh Fruit Pot

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Chickpea & Lentil  
Curry (MK)  
Served with Fluffy Rice  
& Vegetables

Chicken Chipolatas  
(G)(W)(SO)(MU)(SU)  
, Creamy Mashed  
Potato (MK), Seasonal  
Vegetable & Gravy

Chicken Rasta Pasta  
(G)(W)(SO)(MU)(MK)  
(SE)

Roast Beef served with  
Roast Potatoes, Carrots,  
Broccoli, Yorkshire  
Pudding  
(G) (W) (E) (MK)  
and Gravy

Breaded Fish  
(G) (W) (F)  
with Potato Wedges  
(G) (W)  
Beans or Peas

### MAIN MEAL 2

Roasted Vegetable  
Quiche  
(G) (W) (E) (MK)  
served with New  
Potato & Fresh Salad

Vegetable Con Carne  
served with Rice and  
Vegetables

Vegetable Bolognese served  
with Rice  
(MU) (SO),  
Garlic & Herb Bread  
(G) (W) (MK) (SO),  
Seasonal Vegetables or  
Mixed Salad

Vegetable Lasagna  
(G) (W) (SO) (MU) (E)  
(MK) Served with  
Homemade Garlic &  
Herb Bread

Chinese Style Chicken  
with Egg Noodles  
(G) (W) (E) (SE) (SO)

### MAIN MEAL 3

Paprika Spiced  
Mediterranean  
Vegetable Casserole  
served New Potatoes

Homemade Salmon Fish  
Cakes  
(G) (W) (E) (MK) (F)  
served with Parsley  
Potatoes and Green Beans  
and Tartare Sauce  
(E)

Beef Moussaka  
(G) (W) (E) (MK)

Vegetable Frittata  
(E) (MK)  
Served with Fresh  
Salad

Stuffed Peppers  
Filled with Green  
Lentil and Rice Served  
with Tomato Ragu  
(W) (MK)

### DESSERTS

Choose One of Our  
Fabulous Desserts  
Cheese & Crackers  
(G) (W) (MK)  
Fresh Fruit Pot

Choose One of Our  
Fabulous Desserts  
Banana Sponge and Cream  
(G) (W) (E) (MK)  
Fruit Jelly  
Fresh Fruit Pot

Choose One of Our  
Fabulous Desserts  
Fruity Yoghurt  
(MK)  
Cheese and Biscuits  
(G) (W) (MK)  
Fresh Fruit Pot

Choose One of Our  
Fabulous Desserts  
Bread and Butter Pudding with  
Custard  
(G) (W) (E) (MK)  
Cheese & Crackers  
(G) (W) (MK)  
Fresh Fruit Pot

Choose One of Our  
Fabulous Desserts  
Fruit Jelly  
Fresh Fruit Pot

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