



A selection of salad and bread is available every day.
When available, we use fresh vegetables grown in our school garden.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Veg sausage roll	Beef Bolognese	Chicken and chickpea curry	Mince beef and onion pie with gravy	Soft shell chicken taco with salsa and guacamole
Vegetarian Option	Vegetable and lentil fried rice	Cheese and tomato quiche	Vegetable patties	Vegetable Cumberland sausage	Halloumi and tomato soft shell wrap
Starch		Parsley potatoes/ Spaghetti	Rice and peas	Mashed potato	Backed jacket wedges
Vegetables	Baby carrots	Peas/Baked beans	Green beans	Mixed vegetables	Sweetcorn and pepper
Salad Bar	Beetroot Coleslaw	Coleslaw Cucumber	Coleslaw Mixed salad	Coleslaw, Tomato and cucumber	Coleslaw Tomato
Desserts	Mandarin and pineapple	Fruit flapjack Custard	Fruit sponge and custard Yoghurt Fresh fruit	Orange slices Milkshake	Fresh fruit Rice pudding and Jam
Water	Water	Water	Water	Water	Water

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Veg and lentil Sheppard's pie	Sweet and sour chicken	Cheese burger in a bun	Mince beef with macaroni topping	Salmon fish cake
Vegetarian Option	Jacket potato with beans or tuna	Tomato and lentil soup with roll	Vegetable cheese burger	Stuffed peppers with vegetable and lentil couscous	Cheese and onion sausage roll
Starch	Included in main	Rice	Included in the main	Included in the main	Sauté potato Spaghetti hoops
Vegetables	Peas	Sweetcorn Baked beans	Roasted veg	Carrots	
Salad Bar	Coleslaw Lettuce	Coleslaw and mixed salad	Pasta salad Coleslaw	Coleslaw Cucumber	Coleslaw Beetroot
Desserts	Fruit salad Yoghurt	Fruit salad Yoghurt	Fresh fruit Peach crumble and custard	Frozen yogurt	Iced sponge Custard
Water	Water	Water	Water	Water	Water/Milk

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegetable jollof rice	Creamy chicken penne pasta	Cajun drumstick	Chilli con carne	Mini breaded haddock with tartar sauce
Vegetarian Option	Butternut squash soup and roll	Vegetable and lentil couscous	Cheese and tomato pinwheels	Sweet potato and lentil curry	Jacket potato with beans
Starch	Included in main	Rice	Herby potatoes	Rice	New potato
Vegetables	Peas				
Salad Bar	Coleslaw Lettuce	Coleslaw Cucumber sticks	Coleslaw Cucumber sticks	Coleslaw Tomato Cucumber	Coleslaw Mixed salad
Desserts	Fruit salad	Cheese and biscuits Fresh fruit	Ice cream and wafer Peaches	Blueberry muffin Fresh fruit	Semolina and jam
Water	Water	Water	Water	Water	Water/Milk

All of our meat is halal