



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	Cheese and tomato pizza	Chinese chicken with pak choi	Beef lasagne	Chicken tikka masala with naan bread	Fish fingers
Vegetarian Option	Jacket potato with baked beans	Vegetable spring roll with sweet chilli sauce	Vegetable and lentil coriander rice	Chickpea and spinach curry	Leek, lentil and potato soup with bread
Starch	Baked curly fries	Rice		Rice	Mashed potato
Vegetables	Sweetcorn	Broccoli	Diced carrot and peas	Green beans	Peas
Salad Bar	Coleslaw Lettuce	Coleslaw Cucumber	Coleslaw Mixed salad	Coleslaw, Lettuce and tomato	Cucumber sticks Coleslaw
Desserts	Fruit salad Yoghurt	Cherry sponge Fresh fruit	Frozen yoghurt Sliced orange	Ice cream and wafer Fresh fruit	Fruit jelly Sliced peach
Water	Water	Water	Water	Water	Water

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Courgette and tomato pasta	Jacket potato with chilli beef & sour cream topping	Chicken & veg pie with gravy	Tandoori chicken with curry sauce	Fish squares with tartar sauce
Vegetarian Option	Falafel with garlic yoghurt	Jacket potato with cheese or tuna mayo	Cheese and onion quiche	Sweet chilli quorn fried rice with spring onion & sweet corn	Carrot potato onion & egg slice
Starch			Sweet potato mash	Coconut rice	Oven baked chips
Vegetables	Mixed veg	Red cabbage	Cauliflower & carrots	Green beans	Peas & corn
Salad Bar	Mixed salad	Sweetcorn & pepper	Lettuce, cucumber & tomato	Minted cucumber Green leaf salad	Coleslaw Tomato & onion
Desserts	Melon & pineapple Sliced Apple & Pear	Sultana sponge custard Fresh fruit	Ice cream roll Fresh fruit	Pineapple upside down cake	Cheese & biscuits Tangerines
Water	Water	Water	Water	Water	Water/Milk

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegetables & lentils with egg noodles	Lemon & herb chicken thigh	Beef Bolognese	Chicken hot dog	Breaded cod
Vegetarian Option	Jacket potato with cheese	Baked salmon	Roasted veg cous cous	Veg hot dog	Veg nuggets
Starch		Savoury new potatoes	Spaghetti	Included with main	Baked jacket wedges
Vegetables	Carrots	Mixed veg	Peas	Mexican sweetcorn	Baked beans
Salad Bar	Lettuce Coleslaw	Mixed salad Coleslaw	Three bean salad Tomato	Coleslaw Cucumber sticks	Coleslaw Beet root
Desserts	Carrot cake	Fruit salad	Caramel tart Fresh fruit	Three melon platter	Fruit yoghurt
Water	Water	Water	Water	Water	Water/Milk