

# School Lunch Menu

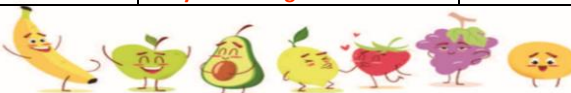
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b> 30/8 27/9 25/10 22/11 20/12	Spaghetti Bolognese & Homemade Garlic Bread Or Breaded Fish Fingers  Baton Carrots Medley of Fresh Vegetables Mashed Potato  Vanilla Ice Cream pot Or Yoghurt & Fruit	Breast of Chicken Curry & Rice, Naan Bread Or Chicken & Cheese Melt  Garden Peas *Salad Selection Mashed Potato, Baby Boiled Potatoes  Jelly Pot or Yoghurt & Fruit	Homemade Breaded Chicken Goujons Selection of Dipping Sauces Or Spicy Chicken Fajita with Warm Tortilla wrap Sweetcorn, *Salad Selection Mashed Potato, Hot Pasta Twists  Fresh Fruit Selection & Fresh Yoghurt	Roast Pork Or Roast Chicken  Herb Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Mashed Potato  Chocolate muffin Or Fruit & Yoghurt	Hot Dog Or Ciabatta Pizza Slices  Baked Beans Peas *Tossed Salad Chips, Mashed Potato  Flakemeal Biscuit or Yoghurt & Fruit
<b>WEEK 2</b> 6/9 4/10 1/11 29/11	Chicken Chow Mein Or Steak Burger  Gravy Broccoli Florets Fresh Baton Carrots Mashed Potato  Fresh Fruit Selection & Fresh Yoghurt	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Homemade Margherita Pizza  Garden Peas, Tossed Salad Pasta Twists  Shortbread or Yoghurt & Fruit	Cheesy Bolo Pasta Or Fresh Breaded Fish Goujons  with lemon slice, Tartar Sauce Baked Beans, Garden Peas Sweetcorn, *Salad Selection Mashed Potato  Jelly Pot or Yoghurt & Fruit	Roast Breast of Chicken Or Chicken Crumble  Herb Stuffing Gravy Cauliflower Cheese Fresh Diced Carrots / Parsnip, Mashed Potato Chocolate muffin Or Fruit & Yoghurt	Chicken Nuggets Or Hot Thai flavoured Chicken Wrap  Salsa Dip, Sweetcorn *Salad Selection Chips Baked Potato Vanilla Ice Cream pot Or Yoghurt & Fruit
<b>WEEK 3</b> 13/9 11/10 8/11 6/12	Italian Bolognese Pasta Or Breaded Fish Fingers  Baked Beans, Sweetcorn Broccoli Florets Mashed Potato  Ice Cream pot Or Yoghurt & Fruit	Mac & Cheese Or Homemade Salt & Chilli or Traditional Chicken Goujons, Selection of dipping sauces Baton Carrots *Salad Selection Mashed Potatoes  Jelly Pot or Yoghurt & Fruit	Mexican Enchilada Or Oven Baked Sausage  Garden Peas Mediterranean Roasted Vegetables, Mashed Potato Baby Boiled Potatoes  Fresh Fruit Selection & Yoghurt	Chicken Panini Or Roast Turkey Herb Stuffing Cranberry Sauce, Gravy Fresh Carrot or Parsnip Fresh Savoy Cabbage Mashed Potato  Chocolate Cookie Or Fruit & Yoghurt	Steak Burger in Bap, Or Bang Bang Chicken in Hot Baguette  Peas ,Coleslaw Tossed Salad Chips, Mashed Potatoes  Frozen Mousse or Fresh Fruit & Yoghurt
<b>WEEK 4</b> 20/9 18/10 15/11 13/12	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Chicken & Broccoli Bake Garden Peas Fresh Savoy Cabbage Gravy Mashed Potato  Chocolate muffin Or Fruit & Yoghurt	Chicken Stir Fry & Noodles Or Oven Baked Sausage Baked Beans Sweetcorn Baton Carrots Mashed Potato  Flakemeal Biscuit or Yoghurt & Fruit	Roast Breast Chicken Or Beef Stew Herb Stuffing Gravy Diced Turnip Fresh Baton Carrots Mashed Potato  Jelly Pot or Yoghurt & Fruit	Spaghetti Bolognese Or Fresh Breaded Fish Fillets Or Salmon fish cake Lemon Slice and Tartar Sauce, Broccoli & Cauliflower Florets Mashed Potato  Selection of Fruit & Yoghurt	Homemade Margherita Pizza Or Marinated Chicken Fillets with warm Tortilla Wraps  *Salad Selection Sweetcorn Traditional Champ Chips  Artic Roll or Fruit & Yoghurt

*Breads  
Milk, Water  
Fresh Fruit,  
Yoghurt  
Available Daily*

*\*2 Items from  
Cook's Salad  
Selection  
Rice Salad,  
Coleslaw  
Sweet Chilli Pasta  
Tossed Salad  
Lettuce, Cherry  
Tomato  
Carrot Sticks  
Cucumber Sticks  
Diced Red Peppers  
Red Onion  
Radish*

*If You Require  
Any Additional  
Information on  
Allergens or  
Special Diets  
Please Contact  
the School to  
complete a  
Special Diets  
Application Form*

Rice, Pasta, Potatoes and Gravy can be served Daily



Menu choices subject to deliveries  
Fresh Fish May Contain Bones