

















WEEK ONE

Sample Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chicken Goujons in a wrap with Diced Potatoes Sweetcorn & Peas</p>	<p> Sausages Pork & Beef Creamed Potatoes Carrots & Green Beans Gravy</p>	<p> Roast Chicken Breast with Sage & Onion Stuffing Roast Potatoes Broccoli & Cauliflower Gravy</p>	<p> Pasta Bolognese made with Minced Beef Garlic Bread Peas & Sweetcorn</p>	<p>Cheese & Tomato Pizza Chips Seasonal Mixed Salad or Seasonal Vegetables</p>
<p> Bacon Steak with Pineapple Diced Potatoes Sweetcorn & Peas</p>	<p> Sweet & Sour Chicken With Rice Carrots & Green Beans</p>	<p> Cottage Pie made With Minced Beef Broccoli & Cauliflower with Gravy</p>	<p> Pork Loin Slice Potato Wedges Peas & Sweetcorn with Gravy</p>	<p>MSC Seaside Style Battered Fillet of Fish Chips Seasonal Mixed Salad or Seasonal Vegetables</p>
<p> Quorn Dippers Diced Potatoes Sweetcorn & Peas</p>	<p> Vegetarian Sausage Creamed Potatoes Carrots & Green Beans Gravy</p>	<p> Quorn Roast Roasted Potatoes Broccoli & Cauliflower Gravy</p>	<p> Cheese & Tomato Pasta Bake with Garlic Bread Peas & Sweetcorn</p>	<p> Vegetarian Keema Curry with Rice & Seasonal Vegetables</p>
<p> Cocoa Cookie or Chocolate Shortbread ** Juice Drink</p>	<p>Ice Cream Sponge ** Milk Shake</p>	<p> Apple Strudel With Custard Sauce</p>	<p> Carrot Cake With Custard Sauce</p>	<p> Oat & Raisin Cookie Or Fresh Fruit Salad</p>

ALTERNATIVES AVAILABLE DAILY

Seasonal fruit platter / Yeo Valley organic fruit yoghurt / cheese with crackers.
 Jacket potato / rice / pasta / egg noodles or couscous can be substituted for potatoes. A seasonal salad bar is available to choose from daily.
 Ketchup available with selected dishes.

 Denotes freshly prepared dishes.

Menus may change to meet customers' preferences, a promotional event and seasonal variation.
 A range of locally sourced products are used when available and all our fish comes from an MSC certified sustainable fishery.
Allergies - please contact your school cook for more information about the content of menu items.