

# School Meals Menu

FRESHLY BAKED BREAD & SALAD AVAILABLE DAILY. WE USE LOCALLY SOURCED INGREDIENTS AND ALL OUR

MENUS ARE CHECKED BY A REGISTERED DIETITIAN TO ENSURE WE MEET SCHOOL FOOD STANDARDS.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> <b>Weeks commencing</b> 5 SEPT 26 SEPT 17 OCT 21 NOV 12 DEC	CHICKEN & BROCCOLI BAKE PASTA BAKE  VEGETABLE & CHICK PEA BIRIYANI WITH 50/50 RICE CAULIFLOWER & COURGETTE MEDLEY  PLUM & PEAR CRUMBLE WITH CUSTARD YOGHURT OR FRUIT	LAMB BURGER IN A BUN WITH NEW POTATOES  BEAN & VEGETABLE 50/50 PASTA MEDLEY  GREEN BEANS & SWEETCORN  BANANA CAKE WITH CUSTARD YOGHURT OR FRUIT	ROAST BEEF WITH ROAST POTATOES AND GRAVY  CAULIFLOWER & BROCCOLI CRUNCH SAVOY CABBAGE & SWEDE  CARROT CAKE YOGHURT OR FRUIT	CHICKEN TIKKA WITH RICE  CRISPY TOPPED VEGETABLE PIE WITH NEW POTATOES SWEETCORN & PEPPERS APPLE PIE & CUSTARD YOGHURT OR FRUIT	SALMON FISHCAKES WITH CHIPS  VEGETABLE & BEAN ENCHILADAS WITH CHIPS BAKED BEANS & GARDEN PEAS CHOCOLATE & MANDARIN CAKE YOGHURT OR FRUIT
<b>WEEK 2</b> <b>Weeks commencing</b> 12 SEP 3 OCT 7 NOV 28 NOV 19 DEC	LAMB MEATBALLS IN TOMATO SAUCE WITH 50/50 PASTA  MACORONI CHEESE WITH GARLIC SLICE GREEN BEANS & GLAZED CARROTS  FRUITY FLAPJACK YOGHURT OR FRUIT	SHEPHERD'S PIE  QUORN MINCE SHEPHERDS PIE WITH GRAVY CARROTS & GREEN BEANS  RICE PUDDING WITH MIXED BERRIES YOGHURT OR FRUIT	ROAST TURKEY WITH ROAST POTATOES & GRAVY  VEGETABLE & LENTIL LOAF & 50/50 RICE CARROTS & RUNNER BEANS  LEMON DRIZZLE CAKE YOGHURT OR FRUIT	SPICY MEAT PIZZA WITH JACKET WEDGES  CHEESE & TOMATO PIZZA WITH JACKET WEDGES ROASTED MIXED VEGETABLES  PINEAPPLE UPSIDE DOWN CAKE & CUSTARD YOGHURT OR FRUIT	MSC FISH FINGERS WITH CHIPS  CHEESE & TOMATO QUICHE WITH CHIPS BAKED BEANS & GARDEN PEAS  CHOCOLATE & BEETROOT BROWNIE YOGHURT OR FRUIT
<b>WEEK 3</b> <b>Weeks commencing</b> 19 SEPT 10 OCT 14 NOV 5 DEC 4 JAN	SAUSAGES WITH MASH & GRAVY  QUORN SAUSAGE WITH MASH & GRAVY SWEETCORN & PEPPERS  EVE'S PUDDING WITH CUSTARD YOGHURT OR FRUIT	LAMB BOLOGNAISE & SPAGHETTI  QUORN MINCE BOLOGNAISE  BROCCOLI & CARROTS  ICED MARBLE CAKE YOGHURT OR FRUIT	ROAST CHICKEN & STUFFING WITH ROAST POTATOES & GRAVY  VEGETABLE WELLINGTON WITH ROAST POTATOES SAVOY CABBAGE & SWEETCORN CHOCOLATE SHORTBREAD YOGHURT OR FRUIT	CHILLI CON CARNE WITH RICE  LENTIL & SPINACH CURRY WITH 50/50 RICE  BROCCOLI & CAULIFLOWER  SYRUP SPONGE WITH CUSTARD YOGHURT OR FRUIT	MSC BREADED FISH WITH CHIPS  RED PEPPER FRITTATA WITH CHIPS  GARDEN PEAS & BAKED BEANS  FRUITY JELLY & ICE CREAM YOGHURT OR FRUIT



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Company Dietitian



Healthy Schools



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Exceptional Education for All