

# SCHOOL MEALS

Available daily as an alternative:- Filled jacket potatoes served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, yoghurt, soren and cheese & biscuits  
Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.



## Week One

### Meat Free Monday

- Homemade Macaroni Cheese
- Vegetarian Sausage Roll  
baked diced potatoes and beans
- Strawberry Ice Cream Roll

### Tuesday

- ✓ Cooks choice curry served with 50/50 rice
- ✓ Baked fishcake, baked potato waffles,  
Peas and sweetcorn

Fresh Fruit Segments  
or yoghurt

### Wednesday

- Sausage with creamed potatoes, gravy served  
with seasonal fresh carrots and peas
- ✓ Hot Tuna Panini served with  
Coleslaw, sweetcorn and salad

Homemade Blueberry Cake

### Thursday

- ✓ Cooks choice Homemade Lasagne or Pasta Bake  
served with seasonal vegetables

- Homemade Cheese slice with baked jacket  
wedges  
sweetcorn and salad

✓ Jelly and Fruit

### Friday

- ✓ Oven baked Fish Fingers  
served with chunky chipped potatoes, garden peas or  
baked beans
- ✓ Crumb Coated Chicken served with chunky chipped  
potatoes, garden peas or baked beans

Homemade Shortbread Biscuit

## Week Two

### Meat Free Monday

- Margarita Pizza  
served with baked jacket wedges  
and sweetcorn
- Baked Falafel with Couscous  
And salad
- Raspberry Ripple Ice Cream Roll

### Tuesday

## ✓ Roast Dinner

- ✓ Hot Ham and Cheese Panini,  
Fresh salad, coleslaw

Fresh Fruit Salad or  
Yoghurt

### Wednesday

- ✓ Spaghetti Bolognese  
Served with mixed vegetables

- Spicy Quorn served with savoury rice  
and mixed vegetables

✓ Jelly and Fruit

### Thursday

- ✓ Chicken curry and rice
- ✓ Selection of filled wraps

Cooks choice  
Homemade Carrot Cake  
or Banana and Oat Cake

### Friday

- ✓ Oven baked Battered Salmon  
served with chunky chipped potatoes  
garden peas or baked beans

✓ Chicken goujons  
Served with chunky chipped potatoes  
garden peas or baked beans

Homemade cooks choice Biscuit

## Week Three

### Meat Free Monday

- Homemade Tomato and Mascarpone Pasta Bake  
served with seasonal vegetables
- Quorn nuggets with baked herby diced  
potatoes, and sweetcorn
- Chocolate Ice Cream Roll

### Tuesday

- ✓ Homemade Cajun Chicken in a bun,  
Baked wedged potatoes, coleslaw and sweetcorn

- Vegetarian Burger in a bun  
Baked wedged potatoes, coleslaw and sweetcorn

Fresh Fruit Segments or  
Yoghurt

### Wednesday

- ✓ chilli beef served with 50/50 rice

✓ Baguette pizza  
served with fresh salad and coleslaw

Rice pudding

### Thursday

- ✓ Pork Meatballs in homemade tomato and basil  
sauce served with wholemeal pasta and garden peas

✓ Jelly and Fruit

### Friday

✓ Crumb coated chicken  
Served with chunky chipped potatoes,  
garden peas or baked beans

- ✓ Oven baked Battered Fish served with chunky  
chipped potatoes, garden peas or baked beans

Homemade Biscuit or Cookie