



## Week Three Menu

WC: 26<sup>th</sup> April, 17<sup>th</sup> May, 14<sup>th</sup> June, 5<sup>th</sup> July

|             | MONDAY   | TUESDAY                            | WEDNESDAY                                       | THURSDAY                           | FRIDAY                             |
|-------------|--|------------------------------------|---|------------------------------------|------------------------------------|
| MAIN MEAL   | MEATBALLS IN TOMATO SAUCE WITH RICE            | CHEESE & TOMATO PASTA BAKE         | ROAST CHICKEN with ROAST POTATOES & GRAVY       | SPAGHETTI BOLOGNESE                | FISH FINGERS & CHIPS               |
| VEGETARIAN  | VEGETARIAN MEATBALLS IN TOMATO SAUCE WITH RICE | CHEESE & TOMATO PASTA BAKE         | VEGETARIAN SAUSAGES with ROAST POTATOES & GRAVY | VEGGIE MINCE BOLOGNAISE            | VEGETABLE NUGGETS & CHIPS          |
| ALTERNATIVE | SANDWICH OPTION, HAM or CHEES                  | SANDWICH OPTION, HAM or CHEESE     | SANDWICH OPTION, HAM or CHEESE                  | SANDWICH OPTION, HAM or CHEESE     | SANDWICH OPTION, HAM or CHEESE     |
| SIDE DISH   | A SELECTION OF SEASONAL VEGETABLES             | A SELECTION OF SEASONAL VEGETABLES | A SELECTION OF SEASONAL VEGETABLES              | A SELECTION OF SEASONAL VEGETABLES | A SELECTION OF SEASONAL VEGETABLES |
| DESSERTS    | CHOCOLATE COOKIE                               | ORANGE JELLY WITH MANDARINS        | ICED LEMON SPONGE                               | SULTANA OATY COOKIE                | FRUITY FRIDAY                      |

### AVAILABLE DAILY:

Home Baked Bread, Seasonal Fresh Fruit, Yoghurt, & Water



# FUEL FOR YOUNG MINDS School Lunch menu

### Our Menu

With this menu we continue with our achievement of Food for

Our menus meet or exceed government food standards for

Food for Life Bronze which briefly means your children are being provided healthy, well balanced and professionally created lunches made from the highest ingredients, including free-range, organic and MSC certified fish.

School meals do not include fish on the Marine Conservation Society 'Fish to Avoid' list. Only contain British HMC certified assured meat and are nut free.

For more information on the award please visit [foodforlife.org.uk/schools](http://foodforlife.org.uk/schools)





## Week One Menu

WC: 12<sup>th</sup> April, 3<sup>rd</sup> May, 24<sup>th</sup> May, 21<sup>st</sup> June, 12<sup>th</sup> July

|             | MONDAY                             | TUESDAY                            | WEDNESDAY                                 | THURSDAY                           | FRIDAY                             |
|-------------|------------------------------------|------------------------------------|---|------------------------------------|------------------------------------|
| MAIN MEAL   | PORK SAUSAGE MASH & GRAVY          | CHICKEN & TOMATO PASTA             | ROAST CHICKEN, ROAST POTATOES & GRAVY     | BEEF LASAGNE                       | FISHCAKE & CHIPS                   |
| VEGETARIAN  | VEGETARIAN SAUSAGE MASH & GRAVY    | MACARONI CHEESE                    | ROAST VEGETABLE FRITTATA & ROAST POTATOES | VEGETABLE LASAGNE                  | VEGETABLE FINGERS & CHIPS          |
| ALTERNATIVE | SANDWICH OPTION, HAM or CHEESE     | SANDWICH OPTION, HAM or CHEESE     | SANDWICH OPTION, HAM or CHEESE            | SANDWICH OPTION, HAM or CHEESE     | SANDWICH OPTION, HAM or CHEESE     |
| SIDE DISH   | A SELECTION OF SEASONAL VEGETABLES | A SELECTION OF SEASONAL VEGETABLES | A SELECTION OF SEASONAL VEGETABLES        | A SELECTION OF SEASONAL VEGETABLES | A SELECTION OF SEASONAL VEGETABLES |
| DESSERTS    | FLAPJACK                           | BANANA TRAYBAKE                    | SHORTBREAD                                | CHOCOLATE BROWNIE                  | FRUITY FRIDAY                      |

### AVAILABLE DAILY:

Home Baked Bread, Seasonal Fresh Fruit, Yoghurt, & Water



## Week Two Menu

WC: 19<sup>th</sup> April, 10<sup>th</sup> May, 7<sup>th</sup> June, 28<sup>th</sup> June, 19<sup>th</sup> July

|             | MONDAY   | TUESDAY                             | WEDNESDAY  | THURSDAY  | FRIDAY                             |
|-------------|--|-------------------------------------|--|---|------------------------------------|
| MAIN MEAL   | CHEESE AND TOMATO PIZZA with OVEN BAKED WEDGES | MINCE BEEF WITH MASHED POTATO       | ROAST CHICKEN, ROAST POTATOES & GRAVY            | ALL DAY BREAKFAST – EGG, BEANS POTATOES, FRESH TOMATO WITH BACON          | COD OR SALMON FISH FINGERS & CHIPS |
| VEGETARIAN  | CHEESE & TOMATO PIZZA with OVEN BAKED WEDGES   | VEGETARIAN MINCE WITH MASHED POTATO | CHEESE & BAKED BEAN PUFF, ROAST POTATOES & GRAVY | ALL DAY BREAKFAST – EGG, BEANS POTATOES, FRESH TOMATO WITH VEGGIE SAUSAGE | VEGETABLE FINGERS & CHIPS          |
| ALTERNATIVE | SANDWICH OPTION, HAM or CHEESE                 | SANDWICH OPTION, HAM or CHEESE      | SANDWICH OPTION, HAM or CHEESE                   | SANDWICH OPTION, HAM or CHEESE  | SANDWICH OPTION, HAM or CHEESE     |
| SIDE DISH   | A SELECTION OF SEASONAL VEGETABLES             | A SELECTION OF SEASONAL VEGETABLES  | A SELECTION OF SEASONAL VEGETABLES               | A SELECTION OF SEASONAL VEGETABLES  | A SELECTION OF SEASONAL VEGETABLES |
| DESSERTS    | APPLE CRUMBLE & CUSTARD                        | CINNAMON OATY COOKIE                | VANILLA ICECREAM                                 | FUDGE TART  | FRUITY FRIDAY                      |

### AVAILABLE DAILY:

DELI BAR SANDWICH OPTION: (Turkey, Cheese Tuna or Egg Mayonnaise), Choice of Fresh Salad Bar, Home Baked Bread, Seasonal Fresh Fruit, Yoghurt & Water