

# SCHOOL LUNCH MENU – FOR ALLERGEN INFO SEE KEY BELOW

	Week 1	w/c:31/10,21/11,12/12,23/01 20/02,13/03,	Week 2	w/c:07/11,28/11,09/01, 30/01,27/02,20/03,	Week 3	w/c:14/11,5/12,16/01, 06/02,06/03,27/03
Monday	Bangers & Creamy Mash in a rich gravy served with seasonal vegetables 2,7,14	Vegan bangers & mash in a rich gravy served with seasonal vegetables 2 ✓	Sweet Potato Cottage Pie served with mixed winter roasted vegetables 2	Quorn chicken style Dippers with sautéed potatoes, beans or sweetcorn 2,4,7 ✓ O-Vegan dippers	Gourmet Beef Burger in a bun served with herby potatoes wedges a choice of beans or sweetcorn & ketchup 2,9,13,14, mc 12	Vegan meatballs & pasta served with a rich tomato sauce & a choice of vegetables 2,13 ✓
	Melon & Pineapple Medley or Yogurt 7 ✓		Warm Waffles & Ice-Cream 2,4,7,13 Fresh Fruit or Yogurt 7 ✓		Toffee Apple Pancakes 2,4,7 Fresh Fruit or Yogurt 7 ✓	
Tuesday	Kids Favourite Cheesy Wheels served with pasta, sweetcorn or beans & ketchup 2,4,7,9	Mediterranean pasta pot served with sweetcorn & Warm crusty bread 2,7, mc 12 ✓	Cheese & Tomato Pizza muffins & pasta served beans or sweetcorn 2,7 mc 12	Vegan jackfruit in BBQ sauce served with fluffy rice & baby cobs 9 ✓	Macaroni Cheese served with a choice of vegetables and warm chunky bread 2,7,9, mc 12 & 13	Spinach & chickpea curry with fluffy rice served with green beans & naan 2, mc 9 ✓
	Courgette Lemon Drizzle Cake 2,4,14, mc 13 Fresh Fruit or Yogurt 7 ✓		Vegan Strawberry Jelly, Fresh Fruit or Yogurt 7 ✓		Fresh Fruit Medley or Yogurt 7 ✓	
Wednesday	Honey Roasted Gammon & Pineapple served with crispy roast potatoes, fresh carrots, broccoli with gravy & Yorkshire pudding 2,4,7	Cauliflower Cheese served with crispy roast potatoes, fresh carrots, broccoli with gravy & Yorkshire pudding 2,4,7,9 mc 13 ✓ O-fillet roast.	Tender pork loin with apple sauce & Yorkshire served with crispy potatoes, fresh carrots, broccoli & gravy 2,4,7	Caribbean stew & fluffy dumplings served with crispy potatoes, fresh carrots, broccoli in a rich gravy 2,4,7, mc 13 ✓	Roasted Chicken Thigh & Stuffing with crispy potatoes, fresh carrots & broccoli, served with a rich gravy & Yorkshire pudding 2,4,7	Homity Pie (cheese, leek & potato) served with crispy potatoes, fresh carrots, broccoli & gravy 2,4,7,9 ✓
	Raspberry Swirl Mini Muffins 2,4 mc 13 Fresh Fruit or Yogurt 7 ✓		Chocolate Orange Mini Muffins 2,4, mc 7 & 13 Fresh Fruit or Yogurt 7 ✓		Carrot Cake Mini Muffins 2,4, mc 13 Fresh Fruit or Yogurt 7	
Thursday	Beef Meatballs & pasta served with a rich tomato sauce & a choice of vegetables 2	Veggie Bolognese served on a bed of spaghetti with warm crusty bread 2,13, mc 12 ✓	All day British Brunch. Lincolnshire pork sausage, back bacon, scrambled egg, baked beans & hash nuggets 2,4,7,14	Vegetarian Brunch. Quorn sausage, scrambled egg, roasted tomatoes, baked beans & hash nuggets 2,4,7 ✓	Italian Lasagne served with baby carrots, green beans & warm crusty bread 2,7,9, mc 4, 12 & 13	Mexican chilli boats served with a savoury rice & mixed vegetables 2,13 ✓
	Refreshing vegan Mandarin Jelly, Fresh Fruit or Yogurt 7 ✓		Fresh Fruit Medley or Yogurt 7 ✓		Snowy Chocolate Crackle Cakes 2,7, mc 4 Fresh Fruit or Yogurt 7 ✓	
Friday	Birdseye Fish Fingers served with chips or pasta, a side of sweetcorn or beans & ketchup 2,5	Roasted Pepper Tomato & Basil Tartlets served with chips or pasta, a side of beans or sweetcorn & ketchup 2,4,7,9 ✓ O-Pizza	Batter crisp Fish served with chips or pasta, a choice of beans or sweetcorn & ketchup 2,5	Vegan fillet burger served in a soft roll with chips or pasta and a choice of sweetcorn or beans & ketchup 2, mc 12 ✓	Battered Fish Goujons served with chips or pasta, beans or peas & ketchup 2,5	Cheese & bean homemade pasties served with chips or pasta & a choice of beans or peas 2,7 ✓
	Chocolate Fingers 2, mc 13 & 4 Fresh Fruit or Yogurt 7 ✓		Custard Cookies 2, mc 4 & 13 Fresh Fruit or Yogurt 7 ✓		Shortbread Rounds 2, mc 4 & 13 or Yogurt 7 ✓	

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Jacket potato option available everyday all served with seasonal vegetables or a mixed summer salad.

## **Jacket fillings:**

Cheese **7** Beans, Cheese & beans **7** Tuna mayo **4,5** Salmon mayo **4,5**

Working to the school food standards plan ensures your child has a healthy balanced nutritious lunch.

We cater for all dietary needs, ingredients can be substituted or recipes adapted to suit your child, for further queries or Allergen information please speak to your Catering team.

MC: may contain

 VEGAN & VEGETARIAN

 VEGAN OPTION AVAILABLE

## ALLERGENS



## LIGHT CHOICES

(All light choices are served with a warm pasta & vegetable side)

Monday: Ham Panini **2, MC 12**

Tuesday: Cheese Panini **2, 7, MC 12**

Wednesday: Cheese & Ham panini **2, 7, MC 12**

Thursday: Cheese Panini **2, 7, MC 12**

Friday: Tuna Melt Panini **2, 4, 5, MC 12**

In order to promote healthy eating, we provide the children with a fresh salad bar daily, this consists of: Lettuce, spinach, mixed salad leaves, cucumber, cherry tomatoes, mixed peppers, raisins, sweetcorn & homemade coleslaw.