

## Menu week 1 (commencing 02/11, 30/11, 11/01, 08/02, 14/03)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fish Choice</b>	Italian Fish Fillet with Herby Tomato Sauce & Mashed Potatoes*	Tuna Wrap with Salad & Mayonnaise	White Fish Bake with Roast or Boiled Potatoes	Creamy Cod & Salmon Potato Bake*	Fish Goujons in Crispy Batter with Potato Wedges
<b>Meat Choice</b>	Sausages & Onion Gravy with Mashed Potatoes	Spaghetti Bolognese (Beef)*	Roast Chicken & Stuffing with Roast or Boiled Potatoes*	Shepherd's Pie (Lamb)*	Chicken Korma with Rice & Naan Bread*
<b>Vegetarian Choice</b>	Spanish Omelette* with Wholemeal Baguette & Salad	Mediterranean Vegetable & Mixed Bean Risotto*	Macaroni Cheese*	Cheese & Tomato Pizza	Oriental Vegetable Stir Fry with Quorn & Rice*
<b>Vegetable Selection</b>	Sweetcorn Peas	Sweetcorn Broccoli	Fresh Seasonal Vegetables	Green Beans Sweetcorn	Baked Beans Peas
<b>Dessert</b>	Strawberry & Vanilla Mousse	Apple Crumble & Custard*	Rice Pudding*	Chocolate & Pear Sponge with Chocolate Sauce*	Fruit Jelly & Ice Cream

\*Indicates home made dish

## Menu week 2 (commencing 09/11, 07/12, 18/01, 22/02, 21/03)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fish Choice</b>	Cajun Style Fish with Rice & Spicy Tomato Sauce*	Jacket Potato with Tuna & Sweetcorn	Crunchy Cod Crumble & Cheese Sauce with Roast or Boiled Potatoes*	Tuscan Tuna Pasta Bake*	Fish Fillet in Batter with Chips or Mashed Potatoes
<b>Meat Choice</b>	BBQ Chicken with Rice*	Beef Burger in a Bun with Salad	Roast Lamb with Roast or Boiled Potatoes*	Chicken Fajita with Onions & Peppers*	Lamb Keema with Naan Bread, Salad & Raita*
<b>Vegetarian Choice</b>	Vegetarian Pasta & Mixed Bean Bake*	Broccoli, Cauliflower & Quorn Bake*	Omelette with Roast & Boiled Potatoes*	Quorn Frankfurter Hot Dog Roll with Onions	Cheese & Onion Slice with Chips or Mashed Potatoes
<b>Vegetable Selection</b>	Green Beans Carrots	Sweetcorn Peas	Fresh Seasonal Vegetables	Broccoli Sweetcorn	Peas Baked Beans
<b>Dessert</b>	Raspberry Ripple Ice Cream Sponge Roll	Spiced Banana Cake & Custard*	Peaches & Custard	Chocolate Brownie with Ice Cream*	Fruit Salad & Dream Topping

\*Indicates home made dish

## Menu week 3 (commencing 16/11, 14/12, 25/01, 29/02)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fish Choice</b>	Salmon, Broccoli & Sweetcorn Pasta Bake*	Cod & Salmon Biryani*	White Fish Bake with Boiled or Roast Potatoes	Fish Korma with Rice*	Fish Fingers with Potato Wedges
<b>Meat Choice</b>	Sweet & Sour Oriental Chicken with Rice*	BBQ Sausages with Mashed Potatoes	Roast Chicken & Stuffing with Roast or Boiled Potatoes*	Lasagne (Beef)*	Lamb & Vegetable Pie & Potato Wedges*
<b>Vegetarian Choice</b>	Tomato & Pepper Pizza	Vegetarian Shepherd's Pie*	Vegetarian Chilli Burrito with Cheese & Salsa*	Vegetable & Mixed Bean Balti with Savoury Rice & Naan Bread*	BBQ Veggie Burger in a Wholemeal Bun
<b>Vegetable Selection</b>	Mixed Vegetables Broccoli	Green Beans Carrots	Fresh Seasonal Vegetables	Sweetcorn Green Beans	Peas Baked Beans
<b>Dessert</b>	Orange & Mango Smoothie	Apple & Blackberry Crumble with Custard*	Fruit Flapjack & Dream Topping*	Orange & Lemon Slice with Custard*	Scotch Pancakes with Fruit & Ice Cream

\*Indicates home made dish

## Menu week 4 (commencing 23/11, 04/01, 01/02, 07/03)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fish Choice</b>	Fisherman's Pie with Mashed Potato Topping*	Tuna & Sweetcorn Pizza	Cod & Salmon Biryani*	Lemon & Herb Crusted Cod Fillet & New Potatoes*	Fish in Batter with Chips or Mashed Potatoes
<b>Meat Choice</b>	Southern Seasoned Chicken* with Mashed Potatoes	Beef & Vegetable Jolloff Rice*	Roast Lamb with Roast or Boiled Potatoes*	Sausages with Mashed Potatoes	Chicken & Sweetcorn Pie with Chips or Mashed Potatoes*
<b>Vegetarian Choice</b>	Quorn & Sweet Potato Curry with Rice*	Vegetarian Sausages with Mashed Potatoes	Wholemeal Leek & Tomato Quiche with Boiled or Roast Potatoes*	Vegetarian Spaghetti Bolognese*	Jacket Potato with Mexican Mixed Beans or Cheese*
<b>Vegetable Selection</b>	Sweetcorn Green Beans	Mixed Vegetables Peas	Fresh Seasonal Vegetables	Broccoli Carrots	Baked Beans Peas
<b>Dessert</b>	Chocolate Sponge Ice Cream Roll	Apple Crumble with Custard*	Fruit Cheesecake*	Jam & Coconut Sponge with Custard*	Fruit Salad & Ice Cream

\*Indicates home made dish

We continually improve our menus to ensure we:

- provide quality ingredients
- include a daily selection of homemade options
- tailor menus to individual school requirements.

Halal & non Halal meat served at this school • All fish served is from sustainable sources • All items subject to availability