

School Lunch Menu Spring/Summer 2018

Week 1

Monday

Roasted Sausages with Mash & Gravy
Spanish Rice (V)
Cold Option: Tuna & Cucumber High Fibre Roll
Garden Peas & Sweetcorn
Organic Yeo Valley™ Fruit Yogurt

Tuesday

Cypriot Baked Macaroni
Roasted Summer Vegetable and Feta Pasta (V)
Cold Option: Cheese & Tomato Sandwich (V)
Mixed Vegetables
Fruit Salad

Wednesday

Roast Chicken Drumsticks & Gravy
Homemade Lentil & Vegetable Roast (V)
Cold Option: Chicken Noodle Pot
Carrots & Garden Peas
Roast Potatoes
Carrot Cake

Thursday

Macaroni Cheese with Homemade Bread (V)
Basil, Tomato & Chicken Pasta
Cold Option: Tuna & Cucumber Sandwich
Green Beans & Cauliflower
Golden Oat Flapjack

Friday

MSC* Fish Fingers
Potato & Onion Tortilla (V)
Cold Option: Egg Mayonnaise High Fibre Roll (V)
Organic Baked Beans, Sweetcorn & Oven Chips
Jelly & Ice Cream

Week 2

Monday

Pasta Bolognese with Homemade Crusty Bread
Linda McCartney™ Bolognese (V)
Cold Option: Tuna & Cucumber High Fibre Roll
Mixed Vegetables
Organic Yeo Valley™ Fruit Yogurt

Tuesday

Jerk Chicken Drumstick & Sunshine Rice
Stuffed Peppers (V)
Cold Option: Cheese & Tomato Sandwich (V)
Garden Peas & Cauliflower
Fruit Salad

Wednesday

Roast Beef Meatloaf or Roast Lamb Meatloaf & Gravy
Linda McCartney™ Stromboli (V)
Cold Option: Chicken Noodle Pot
Carrots & Garden Peas
Roast Potatoes
Banana Cake

Thursday

Cheese Flan with New Potatoes (V)
Sweet & Sour Chicken with Rice
Cold Option: Tuna & Cucumber Sandwich
Sweetcorn & Green Beans
Chocolate Cracknel

Friday

Margherita Pizza (V)
Harry Ramsden™ Lemon Crumb Salmon
Cold Option: Egg Mayonnaise High Fibre Roll (V)
Organic Baked Beans, Sweetcorn & Oven Chips
Ice Cream & Peaches

Week 3

Monday

Cheesy Whirl (V)
Tortilla Stack (V)
Cold Option: Tuna & Cucumber High Fibre Roll
Sweetcorn & Baby Carrots
Organic Yeo Valley™ Fruit Yogurt

Tuesday

Shepherd's Pie
Spanish Omelette with New Potatoes (V)
Cold Option: Cheese & Tomato Sandwich (V)
Garden Peas & Cauliflower
Fruit Salad

Wednesday

Roast Chicken Drumsticks & Gravy
Borlotti Bean Crumble (V)
Cold Option: Chicken Noodle Pot
Mixed Vegetables
Roast Potatoes
Harvest Fruit Cake

Thursday

Keema Matar with Steamed Rice
Vegetarian Paella (V)
Cold Option: Cheese Salad Sandwich (V)
Steamed Broccoli & Baby Carrots
Oaty Apple Crumble with Custard

Friday

Harry Ramsden™ MSC* Fish Fillet
Margherita Pasta Bake (V)
Cold Option: Egg Mayonnaise High Fibre Roll (V)
Organic Baked Beans, Garden Peas & Oven Chips
Chocolate Ice Cream Tub

Unlimited Salad Bar with a variety of salads including Greek salad, coleslaw, tomatoes, cucumber, carrot and sultana, pasta salad and potato salads.
We do a range of wholemeal, white & homemade breads. Drink of the day (water, organic milk or fruit juice) and fresh fruit available daily.

**Our Fish is sustainable and MSC-certified (Marine Stewardship Council). All our eggs are free-range and our meat is Farm-Assured as a minimum.*

Jacket Potato offered daily with a choice of fillings.

