

Week one

Week Commencing: 31/08, 21/09, 12/10, 9/11, 30/11, 4/1/21, 25/1, 22/2, 15/3, 19/4, 10/5, 7/6, 28/6, 19/7.

MONDAY

Choose a main meal...

British Pork Sausages with Gravy and Creamy Mashed Potatoes

(v,h) Chinese Style Quorn with Noodles

On the side...

Vegetables of the Day

For dessert...

(v) Strawberry Swirl Mousse
(v) Cheddar Cheese, Crackers and Apple Slices
(v) Organic Yoghurt or Fresh Fruit

TUESDAY

Choose a main meal...

Barbeque Marinated British Chicken Breast Wrap, Baked Potato Wedges

(v,h) Chef's Free Range Omelette with Baked Potato Wedges

On the side...

Fresh Salad
Corn on the Cob
Peas

For dessert...

(v,h) Iced Mandarin Sponge
(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY

Choose a main meal...

WEDNESDAY ROAST

British Roast Pork Joint or Loin Steak or Gammon Joint, Apple Sauce, Gravy and Crispy Roast Potatoes

(v) Veggie Sausage Toad in the Hole, Gravy and Crispy Roast Potatoes

On the side...

Vegetables of the Day

For dessert...

(v,h) Apple Pie and Custard
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...

(h) Lowerhurst Farm Organic Beef Bolognese with Pasta and Malted Wheat Baguette

(v,h) Cheddar Cheese and Potato Pie

On the side...

Vegetables of the Day
Baked Beans

For dessert...

(v) Chocolate Mousse with Fruit in Juice on the Side
(v,h) Crunch Cookie
(v) Organic Yoghurt or Fresh Fruit

FRIDAY

Choose a main meal...
FISHY FRIDAY

(msc) *Crispy Fishcake with Criss-Cross Potatoes

(v,h) Cheese and Tomato Pizza with Criss-Cross Potatoes

On the side...

Peas
Baked Beans

For dessert...

(v,h) Sticky Ginger Cake
(v) Organic Yoghurt or Fresh Fruit

Week two

Week Commencing: 7/9, 28/9, 19/10, 16/11, 7/12, 11/1/21, 1/2, 1/3, 22/3, 26/4, 17/5, 14/6, 5/7.

MONDAY

Choose a main meal...

Organic Pork Meatballs, Rich and Rustic Tomato Gravy and Pasta

(v,h) Vegetable Cottage Pie with Cheesy Topped Mash and Malted Wheat Baguette

On the side...

Vegetables of the Day

For dessert...

(vg,h) Chef's Choice Flapjack
(v) Organic Yoghurt or Fresh Fruit

TUESDAY

Choose a main meal...

Brunch Lunch – Bacon Medallion, Pork Sausage, Omelette and Baked Potato Wedges

(v,h) Mild and Creamy Quorn Korma with Wholegrain Rice

On the side...

Baked Beans
Peas

For dessert...

(v,h) Chef's Sponge Cake Choice with Fruit in Juice on the Side
(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY

Choose a main meal...

WEDNESDAY ROAST

British Roast Beef, Yorkshire Pudding, Gravy and Crispy Roast Potatoes

(vg,h) Veggie Bolognese with Noodles

On the side...

Vegetables of the Day

For dessert...

(v,h) Fruit Crumble and Custard
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...

(h) British Chicken Pie with Gravy, Creamy Mash or Crispy Potatoes

(vg,h) Veggie Sausages with Gravy, Creamy Mash or Crispy Potatoes

On the side...

Vegetables of the Day

For dessert...

(vg,h) Chocolate Shortbread
(v) Organic Yoghurt or Fresh Fruit

FRIDAY

Choose a main meal...
FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fillet with Chipped Potatoes

(v) Quorn Nuggets with Rainbow Rice

On the side...

Peas
Baked Beans

For dessert...

(v) Two Dinky Doughnuts with Dipping Sauce
(v) Organic Yoghurt or Fresh Fruit

Week three

Week Commencing: 14/9, 5/10, 2/11, 23/11, 14/12, 18/1/21, 8/2, 8/3, 29/3, 3/5, 24/5, 21/6, 12/7.

MONDAY

Choose a main meal...
MEAT FREE MONDAY

(v) Cheese and Tomato Pizza with Baked Potato Wedges

(vg) Breadcrumbs Vegetable Fingers with Baked Potato Wedges

On the side...

Peas
Baked Beans

For dessert...

(vg,h) Chocolate Cracknel
(v) Organic Yoghurt or Fresh Fruit

TUESDAY

Choose a main meal...

Lowerhurst Farm Organic Beef Grill in a High Fibre Bun with Crispy Potatoes

(v,h) Cheesy Pasta Bake with Malted Wheat Baguette

On the side...

Fresh Salad
Mixed Vegetables

For dessert...

Jelly with Fruit
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY

Choose a main meal...

WEDNESDAY ROAST

British Roast Chicken Joint or Fillet, Gravy and Crispy Roast Potatoes

(v,h) Mild and Creamy Vegetable Korma with Wholegrain Rice

On the side...

Vegetables of the Day

For dessert...

(v,h) Up-Beet Chocolate Cake and Hot Chocolate Sauce
(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...

(h) Lowerhurst Farm Organic Beef Lasagne with Garlic Bread

(vg) Veggie Hot Dog in a Finger Roll with Ketchup and Baked Potato Wedges

On the side...

Fresh Salad
Vegetables of the Day

For dessert...

(vg,h) Zesty Orange Cookie
(v) Organic Yoghurt or Fresh Fruit

FRIDAY

Choose a main meal...
FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fingers with Chipped Potatoes

(v,h) Jacket Potato with Cheddar Cheese

On the side...

Peas
Baked Beans

For dessert...

(v,h) Pupil's Favourite Fruit Muffin
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit