

School Menu A

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (g), Cornflakes (g), Rice Krispies (g), Cheerios (g) and Shreddies (g)				
Bread	Wholemeal Toast (g) (soy), Bagels (g), (d), Crumpets (g) (d) and English muffins (g) (d)				
Spreads	Jam, Honey, Dairy Free Spread and Butter (d)				
Hot	Reduced Salt Baked beans and Porridge (g)				
Fruit	Assorted Fruit				
Drink	Water, Milk (d), Orange Juice and Apple Juice				

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish & Vegetable / Side dish	Jacket Potato and Mixed Salad & Red Cabbage Coleslaw, with Grated Cheddar (d) & Baked Beans or Tuna Mayonnaise (fish)	Bolognese or Roasted Vegetable Ragu with Penne Pasta, Grated Cheese and Garlic Bread (d) (g)	Roasted Sweet Chilli Chicken Thighs and / or Steamed Egg Noodles with Broccoli and Sweetcorn (e) (soy) (g)	Spinach and Chickpea Curry with Pilau Rice with Garlic Naan Bread (d) (g)	Baked Cod Fingers (fish) (g) or Quorn Vegan Nuggets (g) with Chunky Chips, Baked Beans & Peas
Dessert	Fresh fruit	Chocolate Brownie (d) (e) (g) / Fruit	Fresh Fruit	Greek Yoghurt with Strawberry Puree (d)	Vanilla or Strawberry Ice Cream (d)

Extended Day Snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish including vegetarian alternative	Wholemeal Pitta pockets (g) with hummus, or cheese (d)	Reduced salt baked beans and toast triangles (g), (soy) and spread (d)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)	Cheese (d) and Jacobs Crackers (g)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)
Vegetable	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks
Dessert	Fresh Fruit	Jelly Pots	Fruit Yoghurt Pots (d)	Fresh Fruit	Fresh Fruit

(g) - gluten

(e) - egg

(fish) - fish

(soy) - soy

(d) - dairy

Please note that we will always aim to provide wholemeal in the meals on this menu however we have been experiencing some difficulties with wholesalers.

School Menu B

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (g), Cornflakes (g), Rice Krispies (g), Cheerios (g) and Shreddies (g)				
Bread	Wholemeal Toast (g) (soy), Bagels (g) (d), Crumpets (g) (d) and English muffins (g) (d)				
Spreads	Jam, Honey, Dairy Free Spread and Butter (d)				
Hot	Reduced Salt Baked beans and Porridge (g)				
Fruit	Assorted Fruit				
Drink	Water, Milk (d), Orange Juice and Apple Juice				

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish & Vegetable / Side dish	Vegan Red Pesto Pasta Shells topped with Smoked Applewood Cheese (d) (g) with a Salad Bar Selection of Green Bean & Tomato Salad, Sweet Corn, Diced Sweet Beetroot & Mixed Baby Lettuce	Vegetable or Cottage Pie with Steamed Carrots and Broccoli	Roast BBQ Chicken Fillets (g) or Quorn Dipper Bagel (g) with Cajun Spiced Wedges, Red Cabbage Coleslaw, Shredded Iceberg Lettuce and Tomatoes	Baked Beef or Vegetable Sausage (soy) with Creamy Mashed Potato, Rosemary Gravy (soy) (g), Steamed Cauliflower and Peas	Chicken Dippers (g) or Breaded Mozzarella Dippers (d) (g) with a BBQ Sauce (g) with French Fries and Baked Beans
Dessert	Fresh fruit	Apple Raisin and Cinnamon Pie with Custard (d)	Rhubarb and Raspberry Vanilla Fool (d)	Fresh Fruit	Mixed Berry Fruit Yoghurt (d)

Extended Day Snacks

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish including vegetarian alternative	Reduced salt baked beans and toast triangles (g) (soy) and spread (d)	Wholemeal Pitta pockets (g) with hummus, or cheese (d)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)	Cheese (d) and Jacobs Crackers (g)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)
Vegetable	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks
Dessert	Fresh Fruit	Jelly Pots	Fruit Yoghurt Pots (d)	Fresh Fruit	Fresh Fruit

(g) - gluten

(e) - egg

(fish) - fish

(soy) - soy

(d) - dairy

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School Menu C

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Weetabix (g), Cornflakes (g), Rice Krispies (g), Cheerios (g) and Shreddies (g)				
Bread	Wholemeal Toast (g) (soy), Bagels (g) (d), Crumpets (g) (d) and English muffins (g) (d)				
Spreads	Jam, Honey, Dairy Free Spread and Butter (d)				
Hot	Reduced Salt Baked beans and Porridge (g)				
Fruit	Assorted Fruit				
Drink	Water, Milk (d), Orange Juice and Apple Juice				

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish & Vegetable / Side dish	Tomato, Cheese and Pepper Pizza (d) (g) (Vegan Cheese option), Steamed Sweet Corn and a Tomato, Cucumber & Mixed Olive Salad & New Potato Salad	Mexican Beef or Bean Tacos with Avocado Guacamole (g) and Cajun Wedges	Minced Lamb or Roasted Vegetable Ragu with Rigatoni Pasta (g), Parmesan Cheese (d) & Steamed Broccoli	Cajun Chicken or Grilled Mediterranean Vegetable & Bean Wrap (g) with Herb and Lime Cracked Wheat, Iceberg Lettuce and Coleslaw	Fish Goujons with Tartar Sauce (fish) (g) (e) or Baked Vegetable Turnover (g) (soy) with Chunky Chips, Baked beans & Peas
Dessert	Fresh Fruit	Vanilla or Strawberry Ice Cream (d)	Vanilla Baked Victoria Sponge with Custard (d) (e) (g) / Fresh Fruit	Fresh Fruit	Mixed Berry Fruit Yoghurt (d)

Extended Day Snacks

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish including vegetarian alternative	Reduced salt baked beans and toast triangles (g) (soy) and spread (d)	Wholemeal Pitta pockets (g) with hummus, or cheese (d)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)	Cheese (d) and Jacobs Crackers (g)	Wholemeal Bagels/bread (g), butter, jam, chicken or cheese (d)
Vegetable	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks	Mixed peppers and celery sticks	Cucumber and carrot sticks
Dessert	Fresh Fruit	Jelly Pots	Fruit Yoghurt Pots (d)	Fresh Fruit	Fresh Fruit

(g) - gluten

(e) - egg

(fish) - fish

(soy) - soy

(d) - dairy

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