

Spring Term Menu



WEEK ONE

Monday Choose from either...
 (M) Pork Sausages* (DE) Served with Oven Baked Chips (GDE)
 (V) Veggie Sausages (GDE) (V) Dessert Cake Slice (GD)
 (JP) Cheese (GE)

Tuesday Choose from either...
 (M) Italian Chicken (DE) Served with Pasta (DE)
 (V) Lentil Bolognaise (DE) (V) Dessert Fresh Fruit (GDE) / Yoghurt (GE)
 (JP) Baked Beans (GDE)

Wednesday Choose from either...
 (M) Roast Chicken & Gravy (GDE) Served with Roast Potatoes (GDE)
 (V) Vegan Quorn & Gravy (DE) (V) Dessert Vanilla & Strawberry Mousse (GE)
 (JP) Tuna & Sweetcorn with Mayo (GD)

Thursday Choose from either...
 (M) Mild Chilli Con Carne (GDE) Served with Rice (GDE)
 (V) Chickpea Ratatouille (GDE) (V) Dessert Fresh Fruit (GDE) / Yoghurt (GE)
 (JP) Cheese (GE)

Friday Choose from either...
 (M) Fish Fingers (DE) Served with Sauté Potatoes (GDE)
 (V) Gluten Free Veggie Bake (GDE) (V) Dessert Brownie Bites (D)
 (JP) Salmon & Cream Cheese Bagel with Cucumber (E)

WEEK TWO

Monday Choose from either...
 (M) Pork Meatballs & Tomato Sauce* (DE) Served with Pasta (DE)
 (V) Veggie Balls & Tomato Sauce (DE) (V) Dessert Mini Biscuit Pack
 (JP) Cheese (GE)

Tuesday Choose from either...
 (M) Sausage Roll* (DE) Served with Oven Baked Chips (GDE)
 (V) Vegan Sausage Roll (DE) (V) Dessert Fresh Fruit (GDE) / Yoghurt (GE)
 (JP) Tandoori Mayo Chicken (GE)

Wednesday Choose from either...
 (M) Chicken Chunks in BBQ Sauce (DE) Served with Rice (GDE)
 (V) Quorn Casserole (GD) Dessert Frozen Yoghurt (GE)
 (JP) Baked Beans (GDE) (V)

Thursday Choose from either...
 (M) Roast Beef & Gravy (GDE) Served with Roast Potatoes (GDE)
 (V) Cheese & Onion Pasty (E) Dessert Fresh Fruit (GDE) / Yoghurt (GE)
 (JP) Chilli Non Carne (GDE) (V)

Friday Choose from either...
 (M) Rice Crispy Coated Fish (GDE) Served with Skin-on Potato Wedges (GDE)
 (V) Veggie nuggets (DE) (V) Dessert Chocolate Muffin
 (JP) Wholemeal Cheese & Tomato Pizza (E)

WEEK THREE

Monday Choose from either...
 (M) Pork & Apple Burger* (DE) Served with Corn on the cob (GDE)
 (V) Veggie Burger (DE) (V) Dessert Fresh Fruit (GDE) / Yoghurt (GE)
 (JP) Cheese (GE)

Tuesday Choose from either...
 (M) Meatfree Bolognaise (DE) (V) Served with Pasta (DE)
 (V) Cheesy Pasta (E) Dessert Pancake
 (JP) Baked Beans (GDE) (V)

Wednesday Choose from either...
 (M) Roast Ham and Gravy* (GDE) Served with Roast Potatoes (GDE)
 (V) Three Bean Casserole (GDE) (V) Dessert Fresh Fruit (GDE) / Yoghurt (GE)
 (JP) Cheese (GE)

Thursday Choose from either...
 (M) Beef Bolognaise (DE) Served with Pasta (DE) / Garlic Bread (E)
 (V) Veggie Lasagne (E) Dessert Vanilla & Chocolate Mousse (GE)
 (JP) Baked Beans (GDE) (V)

Friday Choose from either...
 (M) Chicken Korma (GE) Served with Rice (GDE)
 (V) Lentil Dahl (GDE) (V) Dessert Blueberry Muffin
 (JP) Tuna Pasta Salad (D)

Check the Schedule

- (M) - Main
- (V) - Vegetarian
- (JP) - Jacket Potato

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

(D) - Dairy Free * - Contains Pork
 (G) - Gluten Free
 (E) - Egg Free
 (V) - Vegan

All meals are served with vegetables

Please note. We work from a nut free premises but some purchased items may contain traces of nuts



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Allergies and Free-From Meals

On our menu, after each meal are some, or one, or no letters - either D, G or E. These refer to allergies that affect some children.

- D** - Signifies that a meal is Dairy Free
- G** - Signifies that a meal is Gluten Free
- E** - Signifies that a meal is Egg Free

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free and one that is Egg Free. All our meals are Nut Free.

If your child has any of these special dietary requirements, please be sure to tick the box for the meal that suits your child each day.

Our seasonal menu is written using the School Food Plan guidelines and includes a variety of different protein sources, oily fish, two 50% fruit-based desserts a week and a meat-free day...

Check the Schedule overleaf

CENSUS DAY HOT DOGS

Thursday
January 19th

Choose from

M Hot Dog* **DE**

V Veggie Dog **DE**

JP Cheese **GE**

Dessert

Mini cookie

That's hot!