



Fresh Ideas Feeding Minds

September 2021 - December 2021

Did You Know ?

- We cook from Scratch using raw ingredients
- Our food does not contain unfavourable additives or preservatives
- We do not buy genetically modified meat
- Our meat is farm assured, fish sustainably sourced and eggs are free range
- We use fresh,local,seasonal and organic produce where we can

Allergens

We take every care to cater for all pupils with allergies & intolerances Please enquire with the kitchen regarding ingredients in the meals

Wk 1	Meat Free Monday	Tuesday	Roast Wednesday	Thursday	Friday
Main	Wholemeal Margarita Pizza Crunchy diced potatoes seasonal veg or salad	Local Sausages Mash & seasonal veg or salad	Roast chicken Roast potatoes Seasonal veg & gravy	Pasta Beef bolognese Garlic bread & seasonal veg or salad	Fish Fingers Chips & peas or beans
Vegetarian	Quorn Burger Bap	Veggie Sausages	Homemade Cheese & Leek Parcel	Tomato & Vegetable Pasta	VeggieBites
Alternative	Jacket Potato beans & cheese	Jacket Potato beans & cheese or Tuna Mayo	Jacket Potato beans & cheese or Tuna Mayo	Jacket Potato beans & cheese or Tuna Mayo	Jacket Potato beans & cheese or Tuna Mayo
Dessert	Chocolate Krispie Yoghurt or Fresh Fruit	Lemon & Courgette Muffin Yoghurt or Fresh Fruit	Organic ice cream tub Yoghurt or Fresh Fruit	Apple Crumble & Custard Yoghurt or Fresh Fruit	Frozen yogurt smoothie Yoghurt or Fresh Fruit
Picnic Bag	Egg Sandwich Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day	Ham Sandwich Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day	Tuna Wrap Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day	Chicken Mayo Sandwich Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day	Cheese Sandwich Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day

Wk 2	Meat Free Monday	Tuesday	Roast Wednesday	Thursday	Fish Friday
Main	Mac & Cheese Garlic bread & seasonal veg or salad	Cottage Pie with seasonal veg or salad	Roast Turkey Roast potatoes seasonal veg & gravy	Chicken & Ham wholemeal pasta bake crusty bread seasonal veg or salad	Battered Local Fish Chips & peas or beans
Vegetarian	Margherita Wrap	Vegetarian Cottage Pie topped with Sweet potato mash	Lentil Loaf	Fish Pie	Cheese omelette
Alternative	Jacket Potato beans & cheese	Jacket Potato beans & cheese or Tuna Mayo	Jacket Potato beans & cheese or Tuna Mayo	Jacket Potato beans & cheese or Tuna Mayo	Jacket Potato beans & cheese or Tuna Mayo
Dessert	Flapjack Yoghurt or Fresh Fruit	Fruits of the forest Muffin Yoghurt or Fresh Fruit	Organic ice cream tub Yoghurt or Fresh Fruit	Chocolate Beetroot Brownie Yoghurt or Fresh Fruit	Custard Biscuits Yoghurt or Fresh Fruit
Picnic Bag	Egg Sandwich Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day	Ham Sandwich Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day	Tuna Sandwich Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day	Falafel Wrap Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day	Cheese Sandwich Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day

Wk 3	Meat Free Monday	Tuesday	Roast Wednesday	Thursday	Fish Friday
Main	Margarita Pizza Herby diced potatoes seasonal veg or salad	Mild Chicken Curry Brown/white Rice & Naan bread seasonal veg or salad	Honey Roast Ham Roast potato seasonal Vegetables & gravy	Meatballs in a Tomato sauce spaghetti & crusty bread seasonal veg or salad	Fish Fingers Chips & peas or beans
Vegetarian	Veggie Kiev's	Butternut Squash & Sweet Potato Curry	Vegetable & Sweet potato Bake	Veggieballs in tomato sauce	Margarita Wrap
Vegetarian Alternative	Jacket Potato Cheese & beans	Jacket Potato Cheese & beans or Tuna Mayo	Jacket Potato Cheese & beans or Tuna Mayo	Jacket Potato Cheese & beans or Tuna Mayo	Jacket Potato Cheese & beans or Tuna Mayo
Dessert	Lemon Shortbread Yoghurt or Fresh Fruit	Apple & Cinnamon Muffin Yoghurt or Fresh Fruit	Ice Cream tub Yoghurt or Fresh Fruit	Homemade Carrot cake Yoghurt or Fresh Fruit	Pip Organic ice lolly & Yoghurt or Fresh Fruit
Picnic Bag	Egg Sandwich Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day	Chicken Mayo sandwich Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day	Tuna Sandwich Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day	Cheese Sandwich Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day	Ham Sandwich Veggie Sticks Fresh fruit Flavoured yoghurt Dessert of the day

