

SEPT / OCT 2022 - MENU



	Week 1 w/c 5 th Sept	Week 2 w/c 12 th Sept	Week 3 w/c 19 th Sept	Week 4 w/c 26 th Sept	Week 5 w/c 3 rd Oct	Week 6 w/c 10 th Oct	Week 7 w/c 17 th Oct
MONDAY							
Main	Chicken Breast Nuggets	Oven Baked Sausages	Macaroni Cheese with Bacon	Sausage Rolls	Chicken Burgers	Oven Baked Sausages	Chicken Breast Nuggets
Vegetarian	Veggie Fajita & Tortilla Wraps	Cauliflower & Broccoli Bake	Veggie Fajita & Tortilla Wraps	Cauliflower & Broccoli Bake	Veggie Fajita & Tortilla Wraps	Cauliflower & Broccoli Bake	Veggie Fajita & Tortilla Wraps
Sides	Wedges & Hoops	Wedges & Hoops	Vegetables	Wedges & Hoops	Wedges & Hoops	Wedges & Hoops	Wedges & Hoops
Dessert	Angel Delight	Angel Delight	Ice Cream	Angel Delight	Angel Delight	Angel Delight	Angel Delight
TUESDAY							
Main	50/50 Pasta Bolognese	Chicken Tikka Masala	King Ina Fried Chicken	Chicken Korma	Big Breakfast	50/50 Pasta & Meatballs in Tomato Sauce	50/50 Pasta Bolognese
Vegetarian	5 Bean Chilli & Rice	Veggie Cottage Pie, Vegetables	50/50 Pasta Veggie Bolognese & Salad	Five Bean Chilli	Veggie Big Breakfast	Five bean Chilli, Rice & Naan Bread	Macaroni Cheese
Sides	Vegetables	Rice & Naan Bread	Curly Fries & Beans	Rice & Naan Bread	Scrambled Eggs, Beans & Hash Browns	Vegetables	Vegetables
Dessert	Fruit Cake	Pear Sponge	Cocoa Beetroot Brownie	Fruit Cake	Pear Sponge	Cocoa Beetroot Brownie	Fruit Cake
WEDNESDAY							
Main	Roast Ham	Roast Pork	Roast Ham	Roast Pork	Roast Beef	Roast Pork	Roast Ham
Vegetarian	Veggie Burger or Veggie Sausage	Veggie Burger or Veggie Sausage	Veggie Burger or Veggie sausage	Veggie Burger or Veggie sausage	Veggie Burger or Veggie sausage	Veggie Burger or Veggie sausage	Veggie Burger or Veggie Sausage
Sides	Roast Potatoes & Yorkshire Pudding	Roast Potatoes & Yorkshire Pudding	Roast Potatoes & Yorkshire Pudding	Roast Potatoes & Yorkshire Pudding	Roast Potatoes & Yorkshire Pudding	Roast Potatoes & Yorkshire Pudding	Roast Potatoes & Yorkshire Pudding
Dessert	Jelly & Fruit	Jelly & Fruit	Jelly & Fruit	Jelly & Fruit	Jelly & Fruit	Jelly & Fruit	Jelly & Fruit
THURSDAY							
Main	Big Breakfast	50/50 Pasta & Meatballs in Tomato Sauce	Mild Beef Chilli	50/50 Pasta Bolognese	Chicken Tikka Masala	Chicken Korma	Butchers Burger in a Bun
Vegetarian	Veggie Big Breakfast	Macaroni Cheese	Veggie Nuggets, Wedges & Beans	Cheese & Potato Pie	Veggie Tikka Masala	Veggie Nuggets, Wedges & Beans	Veggie Korma, Rice & Naan Bread
Sides	Scrambled eggs, Hash Browns & Beans	Vegetables	Rice & Veg	Vegetables	Rice and Naan Bread	Rice & Naan Bread	Salad & Beans
Dessert	Fruit Salad	Ice Cream	Fruit Salad	Ice Cream	Fruit Salad	Ice Cream	Fruit Salad
FRIDAY							
Main	Fish Fingers	Fish Cakes	Battered White Fish or Mackerel Salad	Fish Fingers	Fish Cakes	Battered White Fish Or Mackerel Salad	INSET DAY
Vegetarian	Veggie Pasta Bake	Pitta Bread Pizza	Veggie Pasta Bake	Pitta Bread Pizza	Veggie Pasta Bake	Pitta Bread Pizza	
Sides	Skinny Fries & Vegetables	Chips & Beans	Skinny Fries & Vegetables	Curly Fries & Beans	Chips & Beans	Skinny Fries & Beans	
Dessert	Cookie	Fruit Muffins	Cookie	Fruit Muffins	Cookie	Fruit Muffins	

All orders must be placed and paid for by the Wednesday of the week before you require them using ParentPay, our online system.

All lunches cost £2.55 per day.

Main meals are served with fresh, seasonal vegetables unless otherwise stated. Please note that although every effort has been made to remove bones from fish options, we cannot guarantee that the fish has no bones. On days when pasta and rice are served, this will be a mixture of plain and wholemeal pasta, or white and brown rice.

or Jacket Potato with a green salad and a choice of topping are also available every day, with dessert, bookable in advance.

Fruit and Yogurt are available daily as alternative dessert options.

Allergen Advice – as stated on previous information sheet – for more info please contact the school office.

Please note that all meals are subject to availability and may be changed at short notice.