

# SEPT/OCT 2023 - MENU

|                   | Week 1<br>w/c 4 <sup>th</sup> Sept | Week 2<br>w/c 11 <sup>th</sup> Sept     | Week 3<br>w/c 18 <sup>th</sup> Sept   | Week 4<br>w/c 25 <sup>th</sup> Sept | Week 5<br>w/c 2 <sup>nd</sup> Oct  | Week 6<br>w/c 9 <sup>th</sup> Oct       | Week 7<br>w/c 16 <sup>th</sup> Oct    |
|-------------------|------------------------------------|---|---------------------------------------|-------------------------------------|------------------------------------|---|---------------------------------------|
| <b>MONDAY</b>     |                                    |   |                                       |                                     |                                    |   |                                       |
| <i>Main</i>       | INSET DAY                          | Oven Baked Sausages                     | Macaroni Cheese with Bacon Bits       | Sausage Rolls                       | Chicken Burgers                    | Oven Baked Sausages                     | Chicken Nuggets                       |
| <i>Vegetarian</i> |                                    | Cauliflower & Broccoli Bake             | Veggie Fajita & Tortilla Wraps        | Cauliflower & Broccoli Bake         | Veggie Fajita & Tortilla Wraps     | Cauliflower & Broccoli Bake             | Veggie Fajita & Tortilla Wraps        |
| <i>Sides</i>      |                                    | Wedges & vegetables                     | Wedges & vegetables                   | Wedges & vegetables                 | Wedges & vegetables                | Wedges & vegetables                     | Wedges & vegetables                   |
| <i>Dessert</i>    |                                    | Angel Delight                           | Angel Delight                         | Angel Delight                       | Angel Delight                      | Angel Delight                           | Angel Delight                         |
| <b>TUESDAY</b>    |                                    |   |                                       |                                     |                                    |   |                                       |
| <i>Main</i>       | INSET DAY                          | Chicken Tikka Masala                    | King Ina Fried Chicken                | Chicken Korma                       | Big Breakfast                      | 50/50 Pasta & Meatballs in Tomato Sauce | 50 / 50 Pasta Bolognese               |
| <i>Vegetarian</i> |                                    | Veggie Cottage Pie & Vegetables         | 50/50 Pasta Veggie Bolognese & Salad  | Five Bean Chilli                    | Veggie Big Breakfast               | Five bean Chilli, Rice & Naan Bread     | Macaroni Cheese                       |
| <i>Sides</i>      |                                    | Vegetables, Rice & Naan Bread           | Curly Fries & Vegetables              | Rice & Naan Bread                   | Tomato, Beans & Hash Browns        | Vegetables                              | Vegetables                            |
| <i>Dessert</i>    |                                    | Pear Sponge                             | Beetroot Brownie                      | Fruit Cake                          | Pear Sponge                        | Cocoa Beetroot Brownie                  | Fruit Cake                            |
| <b>WEDNESDAY</b>  |                                    |   |                                       |                                     |                                    |   |                                       |
| <i>Main</i>       | Chicken Nuggets                    | Roast Pork                              | Roast Ham                             | Roast Pork                          | Roast Beef                         | Roast Pork                              | Roast Ham                             |
| <i>Vegetarian</i> | Veggie Fajita Wraps                | 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       |
| <i>Sides</i>      | Wedges & Vegetables                | Roast Potatoes & Yorkshire Pudding      | Roast Potatoes & Yorkshire Pudding    | Roast Potatoes & Yorkshire Pudding  | Roast Potatoes & Yorkshire Pudding | Roast Potatoes & Yorkshire Pudding      | Roast Potatoes & Yorkshire Pudding    |
| <i>Dessert</i>    | Angel Delight                      | Jelly & Fruit                           | Jelly & Fruit                         | Jelly & Fruit                       | Jelly & Fruit                      | Jelly & Fruit                           | Jelly & Fruit                         |
| <b>THURSDAY</b>   |                                    |   |                                       |                                     |                                    |   |                                       |
| <i>Main</i>       | 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              |
| <i>Vegetarian</i> | Veggie Big Breakfast               | Macaroni Cheese                         | Veggie Nuggets, Wedges & Beans        | Cheese & Potato Pie                 | Veggie Tikka Masala                | Veggie Nuggets, Wedges & Beans          | Veggie Korma                          |
| <i>Sides</i>      | Tomato, Hash Browns & Beans        | Vegetables                              | Rice & Vegetables                     | Vegetables                          | Vegetables, Rice and Naan Bread    | Vegetables, Rice & Naan Bread           | Salad & Fries Vegetables, Rice & Naan |
| <i>Dessert</i>    | Fruit Salad                        | Ice Cream                               | Fruit Salad                           | Ice Cream                           | Fruit Salad                        | Ice Cream                               | Fruit Salad                           |
| <b>FRIDAY</b>     |                                    |   |                                       |                                     |                                    |   |                                       |
| <i>Main</i>       | Fish Fingers                       | Fish Cakes                              | Battered White Fish or Mackerel Salad | Fish Fingers                        | Fish Cakes                         | Battered White Fish Or Mackerel Salad   | INSET DAY                             |
| <i>Vegetarian</i> | Veggie Pasta Bake                  | Pitta Bread Pizza                       | Veggie Pasta Bake                     | Pitta Bread Pizza                   | Veggie Pasta Bake                  | Pitta Bread Pizza                       |                                       |
| <i>Sides</i>      | Skinny Fries & Vegetables          | Chips & vegetables                      | Skinny Fries & Vegetables             | Curly Fries & vegetables            | Chips & vegetables                 | Skinny Fries & vegetables               |                                       |
| <i>Dessert</i>    | 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 £2.80 per day.*

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.

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

Wholemeal bread is available every day.

Fruit and Yogurt are available daily as alternative dessert options.

*Allergen Advice – can be found on the school website.*

Dairy free ice cream is available as an alternative to angel delight and dairy ice cream now. We also have a dairy free curry sauce available for our pupils with allergies.

Dairy, egg and gluten free cookies are available for children with allergies in place of any baked goods they are unable to have.

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