

WEEK 1

• 2nd Jan • 23rd Jan
• 20th Feb • 13th Mar

THURSDAY

Pasta Day (wholegrain)
Carbonara Sauce (1,2,3,11)
Tomato & Herb Sauce (✓)
Quorn Bolognese (✓) (1,2,4,8,9)
Filled Jacket Potatoes
Carrots & Leeks, Mixed Salad
Mandarin Sponge
& Custard (1,2,3,4)
Organic Yoghurts (3)
Fruit Pots/Fruit

FRIDAY

Fish Fingers
& Tomato Sauce (1,2,10)
Stuffed Pitta
Pockets (✓) (1,2,4)
Chunky Chips
Peas
Mixed Salad
Organic Yoghurts (3)
Fruit Pots/Fruit

WEDNESDAY

Orange Glazed
Roast Gammon
Spanish Tortilla (✓) (4)
Roast Potatoes
Broccoli & Roast Parsnips
Mixed Salad
Organic Yoghurts (3)
Fruit Pots/Fruit

Boiled potatoes available as an alternative to chips, wedges or roast potatoes. Freshly baked homemade bread (1,2,3,4,7) and fresh fruit available daily.
All seasonal fruit & vegetables are highlighted. If requested by school, jacket potatoes are available daily.

MONDAY

Spaghetti
Bolognese (1,2,8,9)
Cauliflower &
Broccoli Bake (✓) (1,2,3,11)
Boiled Potatoes
Cabbage & Sweetcorn
Mixed Salad
Beety's Chocolate
Brownie (1,2,3,4)
Organic Yoghurts (3)
Fruit Pots/Fruit

TUESDAY

Oven Baked
Sausages (1,2)
Vegetable & Quorn
Stir Fry (✓) (1,2,3,7)
Mashed Potatoes
Baked Beans & Green Beans
Mixed Salad
Apple & Raspberry
Crumble Cake (1,2,4)
Organic Yoghurts (3)
Fruit Pots/Fruit

MONDAY

Lasagne (1,2,3)
Vegetable Enchiladas (✓)
(1,2,3,7)
Garlic & Herb Bread (1,2)
Spring Greens & Carrots
Mixed Salad
Strawberry & Vanilla
Mousse (3)
Organic Yoghurts (3)
Fruit Pots/Fruit

TUESDAY

100% Organic Beef
Burger & Tomato Sauce
Southern Fried Burger (✓)
(1,2,4,10,12)
New Potatoes
Baked Beans & Sweetcorn
Mixed Salad
Oat & Apricot Cookie (1,2,4)
Organic Yoghurts (3)
Fruit Pots/Fruit

WEDNESDAY

Roast Loins of Pork
& Apple Sauce
Honey Roasted Quorn
Fillet (✓) (1,2,3,4)
Roast Potatoes
Cauliflower & Cabbage
Mixed Salad
Organic Yoghurts (3)
Fruit Pots/Fruit

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WEEK 2

• 9th Jan • 30th Jan
• 27th Feb • 20th Mar

THURSDAY

Sausage meat Plait
(1,2,4)
Macaroni Cheese (✓)
(1,2,3,11)
Creamed Potatoes
Green Beans &
Traffic Light Peppers
Mixed Salad
Banana Cake & Custard (1,2,3,4)
Organic Yoghurts (3)
Fruit Pots/Fruit

FRIDAY

Battered Fish &
Tomato Sauce (1,2,3,10,11)
Oven Baked
Risotto (wholegrain) (✓) (8,9)
Chunky Chips
Peas
Mixed Salad
Organic Yoghurts (3)
Fruit Pots/Fruit

THURSDAY

Organic Meatballs
in Italian Sauce (1,2)
Roasted Vegetable &
Chick Pea Noodles (✓) (1,2,4,8,9)
Penne Pasta
Sweetcorn and Peppers
Mixed Salad
Funky Fruity Flapjack (1,2,3,8)
Organic Yoghurts (3)
Fruit Pots/Fruit

FRIDAY

Fish Fingers &
Tomato Sauce (1,2,10)
Quorn Sausages (✓) (1,2,3,4)
Chunky Chips
Baked Beans
Mixed Salad
Organic Yoghurts (3)
Fruit Pots/Fruit

WEEK 3

• 16th Jan • 6th Feb
• 6th Mar • 27th Mar

WEDNESDAY

Roast Chicken with
Sage & Onion Stuffing (1,2)
Quornish Pasty (✓) (1,2,4)
Roast Potatoes
Carrots & Brussel Sprouts
or Cabbage
Mixed Salad
Organic Yoghurts (3)
Fruit Pots/Fruit

MONDAY

Sticky Chicken (1,2,7)
Italian Pasta
Bake (✓) (1,2,7,8,9)
Mexican Rice (wholegrain)
Peas & Curly Kale
Mixed Salad
Chunky Apple Cake
& Custard (1,2,3,4)
Organic Yoghurts (3)
Fruit Pots/Fruit

TUESDAY

Cottage Pie (8,9)
Salmon & Spinach
Pasta (✓) (1,2,3,10)
Jacket Potato
Spring Greens & Cauliflower
Mixed Salad
Pears in Hot Chocolate
Sauce (3)
Organic Yoghurts (3)
Fruit Pots/Fruit

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