

WEEK 1

MONDAY

Spaghetti
Eggplant (1,2)
Spinach & Pepper Tart with
Parsley Potatoes (1,2,3,4)
Cauliflower & Leeks
Mixed Salad
Warm Apple & Ginger Cake
& Evaporated Milk (1,2,3,4)
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

• 4th September • 25th September
• 16th October • 13th November
• 4th December

WEDNESDAY

Roast Lamb or Pork
with Apple Sauce
Honey Roasted Quorn
Filled (1,2,4,7)
Baked Potatoes
Broccoli & Carrots
Mixed Salad
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

THURSDAY

Vegetable Supreme
Pizza (1,2,3,4,7)
Salmon Pizza (1,2,3,4,7,10)
Herby New Potatoes
Sweetcorn & Peppers
Mixed Salad
Sticky Date Pudding
with Custard (1,2,3,4)
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

TUESDAY

Sausage Pasta
Bake (1,2,7)
Filled Jacket Potatoes (1)
Baked Beans & Green Beans
Mixed Salad
Fruitful Vegetables (1,4)
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

FRIDAY

Fish Fingers &
Tomato Sauce (1,2,10)
Suffolk Pudding (1,2,3,4)
Chunky Chips
Peas
Mixed Salad
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

Baked 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 high quality. If requested by
school, jacket potatoes are available daily.

WEEK 2

MONDAY

100% Beef
Burger in a Bun (1,2,6*)
Quorn Burger in a Bun
(1,2,3,4,6*)
Homemade Potato Wedges
Baked Beans & Sweetcorn
Mixed Salad
Bentley's Chocolate Cake &
Chocolate Sauce (1,2,3,4)
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

• 11th September • 2nd October
• 30th October • 20th November
• 11th December

WEDNESDAY

Mild Chicken &
Sage & Onion Stuffing (1,2)
Cockonion Pie (8,9)
Roast Potatoes
Cauliflower & Broccoli
Mixed Salad
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

THURSDAY

Jacket Potato
Pasta Day
Tuna (1,4,7,10,11)
Tomato Sauce (3,4)
Cheese (3)
Baked Beans (3)
Mixed Salad
Cat Cockle (1,2,4)
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

TUESDAY

Cottage Pie (8,9)
Chunky Tacos (1,2,3,7)
Carrots & Cabbage
Mixed Salad
Apple & Cinnamon Upside
Down Cake & Custard (1,2,3,4)
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

FRIDAY

Battered Fish &
Tomato Sauce (1,2,3,10,11)
Quorn Sausage (1,2,3,4)
Chunky Chips
Peas
Mixed Salad
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

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WEEK 3

MONDAY

Italian Meatballs
(1,2,3,9)
Cheese & Spinach
Pinnacoli (1,2,3)
Warm New (1,4)
Baked Potatoes
Biscuits & Sweetcorn
Mixed Salad
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

• 18th September • 9th October
• 6th November • 27th November
• 18th December

WEDNESDAY

Honey Glazed
Roast Gammon
Butternut Squash
Risotto (8,9)
Baked Potatoes
Carrots & Cauliflower
Mixed Salad
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

THURSDAY

Mild Chicken
Curry (1,2,3,9)
Shepherd's Pie (2,4)
Steamed Rice
Mixed Cabbage & Leeks
Mixed Salad
Eggs and Custard (3)
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

TUESDAY

Lasagne (1,2,3)
Quornish Pasta &
New Potatoes (1,2,4)
Mediterranean Bread (1,2,3,4,7)
Green Beans Medley
Mixed Salad
Charolais & Pear Souffle (1,2,4)
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

FRIDAY

Fish Fingers &
Tomato Sauce (1,2,10)
Vegetable Fajitas (1,2,4)
Chunky Chips
BBQ Baked Beans
Mixed Salad
Mixed Fruit Yoghurt (3)
Fruit/Fruit Pots

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& vegetables are high quality. If requested by
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