

MENU WEEKI

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	QUORN MEATBALLS WITH RICE	PERI PERI CHICKEN WITH DICED POTATOES	BEEF HOTPOT	LAMB BIRYANI	FISH & CHIPS
Vegetarian Main Meal	LEEK & COURGETTE CRUMBLE	SPANISH TORTILLA WITH POTATOES AND PEPPERS	CARIBBEAN VEGETABLE STEW	CHEESE AND TOMATO TURNOVER	CAULIFLOWER, SPINACH AND CHEESE BAKE
Pasta	PASTA OF THE DAY	PASTA OF THE DAY	PASTA OF THE DAY	PASTA OF THE DAY	PASTA OF THE DAY
Vegetables	RED CABBAGE AND ONION SLAW	GREEN SALAD	FARM HOUSE VEGETABLES	RAITA, POTATO SALAD	BAKED BEANS/ CHIPS
Dessert	FRUIT FOOL OR VANILLA SPONGE AND CUSTARD	APPLE AND BERRY PIE WITH CUSTARD	CHOCOLATE WAFFLES WITH ICE CREAM	BANANA SPONGE AND CUSTARD	COOKIES AND ICE CREAM

Available every day

Jacket Potato with assorted fillings
 Seasonal Vegetables available every day to accompany main meals
 Fresh Fruit & Yoghurt available as a dessert choice
 Please ask a member of staff for allergen information



An All-through Co-operative School

MENU WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	VEGETABLE & LENTIL PIE WITH WEDGES	KUNG PAO CHICKEN WITH SPICY NOODLES	LAMB CURRY & SAFFRON RICE	GREEK MEAT PASTA BAKE	FISH AND CHIPS
Vegetarian Main Meal	QUORN SAUSAGES WITH MASH	POTATO, LENTIL & SPINACH CURRY WITH RICE	VEGETABLE COTTAGE PIE	PIZZA MARGARITA	VEGETABLE BURGER & CHIPS
Pasta	PASTA OF THE DAY	PASTA OF THE DAY	PASTA OF THE DAY	PASTA OF THE DAY	PASTA OF THE DAY
Vegetables	MIXED VEGETABLES	PRAWN CRACKERS / SALAD	FARMHOUSE VEGETABLES	CARROT & PEAS	BAKED BEANS
Dessert	CHOCOLATE SPONGE WITH CHOCOLATE CUSTARD	ASSORTED CHEESECAKES	LEMON SPONGE WITH CUSTARD	APPLE FLAPJACK	ICE CREAM WITH FRUITS

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MENU WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	STIR FRIED VEGETABLES WITH NOODLES	JERK CHICKEN WITH RICE & PEAS	SHEPHERD'S PIE	BEEF MADRAS WITH RICE	FISH AND CHIPS
Vegetarian Main Meal	CHICKPEA AND AUBERGINE CURRY WITH RICE	VEGETABLE CHOW MEIN	SPINACH AND RICOTTA CANNELONI	RATATOUILLE WITH GARLIC BREAD	QUORN AND ROASTED PEPPER WRAPS
Pasta	PASTA OF THE DAY	PASTA OF THE DAY	PASTA OF THE DAY	PASTA OF THE DAY	PASTA OF THE DAY
Vegetables	MIXED SALAD	COLESLAW	PEAS & CARROTS	GREEN BEANS AND RED ONION	BAKED BEANS
Dessert	CARROT CAKE	CHOCOLATE BROWNIES	APPLE TURNOVER	CHERRY SPONGE WITH CUSTARD	VANILLA CREAM WITH FRUITS

Available every day

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