

Week One WEEK COMMENCING: 5TH SEP / 26TH SEP / 17TH OCT / 14TH NOV / 5TH DEC

Week Two WEEK COMMENCING: 12TH SEP / 3RD OCT / 31ST OCT / 21ST NOV / 12TH DEC

Week Three WEEK COMMENCING: 19TH SEPT / 10TH OCT / 7TH NOV / 28TH NOV / 19TH DEC

Monday

Makhani Chicken Curry FR HM <i>Lightly spiced chicken curry with wholegrain rice</i>	Carrots & Green Beans
Jacket Potato with Vegetable & Mixed Bean Chilli & Cheese HM	Courgette & Lemon Cake <i>Zesty homemade sponge with lemons & British courgettes</i>

Tuesday

Cottage Pie O HM <i>Organic beef mince & gravy topped with mash</i>	Roasted Vegetables, White Cabbage & Spinach
Shepherdess Pie HM <i>Vegetarian mince topped with parsnip mash</i>	Apple Crumble <i>Homemade oaty crumble with organic apples & custard</i>


Wednesday

Roast Lamb HM <i>Roast lamb, gravy & crispy roast or new potatoes</i>	Honey Roast Parsnips & Carrots
Macaroni Cheese HM <i>Creamy mac & cheese with sweetcorn & chives</i>	Banana & Date Muffin <i>Homemade muffin with organic bananas & sweet dates</i>

Thursday

Lamb Meatballs HM <i>Meatballs in tomato sauce with penne pasta & cheese</i>	Sweetcorn & Broccoli
Chana Masala Wrap HM <i>Chickpeas, rice, herbs & spices in a wrap with wedges</i>	Fruit Flapjack <i>Homemade flapjack with sultanas & apple</i>

Friday

Salmon or White Fish Fingers  <i>Baked fish in a crisp crumb coating with oven chips</i>	Garden Peas, Green Beans & Baked Beans
Beany Ratatouille HM <i>Rich tomato sauce, vegetables & beans with oven chips</i>	Apple & Berry Sponge <i>Homemade sponge with berries & organic apples & custard</i>

Monday

Sausages & Mash <i>British pork sausages with mashed potatoes & gravy</i>	Carrots & Green Beans
Vegetarian Sausage & Mash <i>Quorn sausages with mashed potatoes & gravy</i>	Eve's Pudding <i>Homemade pear & chocolate pudding & custard</i>

Tuesday

Savoury Beef O HM <i>Savoury minced beef & vegetables & wholegrain rice</i>	Honey Roast Parsnips & Spinach
Bubble & Squeak Frittata HM <i>A mix of carrots, cabbage, cheese & potato wedges</i>	Fruit Salad <i>Freshly prepared fruit salad with honey yoghurt</i>


Wednesday

Roast Turkey HM <i>Roast turkey, gravy & crispy roast or new potatoes</i>	Cauliflower & Roasted Root Vegetables
Loaded Macaroni Cheese HM <i>Creamy mac & cheese topped with ratatouille</i>	Beetroot Brownie <i>Homemade brownie flavoured with cocoa & grated beetroot</i>

Thursday

Shepherd's Pie HM <i>Lamb mince & gravy topped with sweet potato mash</i>	Carrots & Sweetcorn
Vegetable Tagine with Wholegrain Rice HM <i>Spiced seasonal vegetables with apricots & sultanas</i>	Frozen Yoghurt <i>Individual tub of creamy toffee flavoured frozen yoghurt</i>

Friday

Fish & Chips  <i>Baked fillet of fish in a crumb coating with oven chips</i>	Broccoli & Baked Beans
Spanish Quorn Paella HM <i>Quorn, peppers, onions & rice with garlic & paprika</i>	Pear & Sultana Strudel <i>Juicy pear & sultanas in homemade pastry with custard</i>

Monday

Cape Malay Chicken Curry FR HM <i>Coriander, cumin & ginger chicken with wholegrain rice</i>	Cauliflower, Green Beans & Butternut Squash
Tuscan Bean & Butternut Risotto HM <i>Lightly spiced butternut squash, mixed beans & rice</i>	Chocolate & Berry Sponge <i>Homemade chocolate & berry sponge & custard</i>

Tuesday

Homemade Beef Lasagne O HM <i>Classic lasagne served with homemade garlic bread</i>	Roast Mediterranean Vegetables & Carrots
Roasted Vegetable Lasagne HM <i>Peppers, onions & courgette layered with pasta</i>	Orange & Carrot Muffin <i>Homemade muffin with zesty orange & British grown carrots</i>


Wednesday

Roast Gammon HM <i>Roasted gammon served with crispy roast potatoes</i>	Braised Red Cabbage & Broccoli
Sweet Potato & Chickpea Curry HM <i>Twice baked sweet potatoes with curried chickpeas</i>	Fruit Salad <i>Freshly prepared fruit salad with honey yoghurt</i>

Thursday

Lamb Pasta Bolognese HM <i>Lamb mince in bolognese sauce served with penne</i>	Garlic Green Beans & Courgettes
Leek & Cheddar Tart HM <i>British leeks & cheese in a wholemeal pastry base</i>	Fruity Flapjack <i>Homemade apricot, sultana & pineapple flapjack</i>

Friday

Fish & Chips  <i>Baked fillet of fish in a light batter with oven chips</i>	Baked Beans & Garden Peas
Vegetable Burger & Chips HM <i>Patty of chickpeas, pepper & coriander in a bun</i>	Apple Cake <i>Homemade apple sponge & custard</i>



CHILLED DRINKING WATER IS ALWAYS AVAILABLE



We think that **BRITISH SEASONAL** food is fresh, tasty and nutritious. Some of our favourites this season are carrots, cabbage, onions, broccoli, swede & beetroot!



UNLIMITED ACCESS TO OUR SALAD BAR WITH 8 TO 6 ITEMS TO CHOOSE FROM AVAILABLE DAILY!

All of our cheese is **RED TRACTOR**, which means it can be traced from farm gate to school plate!

All of our eggs are **FREE RANGE**. We use them in lots of our cakes, quiches and other homemade dishes!

Free Range Chicken FR
Organic Beef O
MSC Certified
Homemade HM

DON'T FANCY THE DESSERT ON THE MENU? CHOOSE FROM A SELECTION OF FRESH FRUIT & ORGANIC YOGHURTS



A DAILY CHOICE OF FRESH WHOLEMEAL & ORGANIC WHITE CRUSTY BREAD