

ONE

TWO

THREE

AVAILABLE EVERY DAY...

3 Sept, 24 Sept, 15 Oct
12 Nov, 3 Dec

10 Sept, 1 Oct, 22 Oct
19 Nov, 10 Dec

17 Sept, 8 Oct, 5 Nov
26 Nov, 17 Dec

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

Sausage Pasta Bake & Garlic Bread
Vegetarian Butterbean Risotto

Baked Tomatoes & Peas
Wholemeal Apple Crumble & Custard
Yoghurt / Fresh Fruit Platter

Chicken & Ginger Stir Fry with Noodles
Shepherdess Pie & New Potatoes

Peppers & Green Beans
Carrot & Courgette Cake with Custard
Yoghurt / Fresh Fruit Salad

Roast Gammon with Roast Potatoes & Gravy
Quorn Roast with Roast Potatoes & Gravy

Swede Mash & Carrots
Cheese Apple & Biscuits
Yoghurt / Fresh Fruit Platter

Chicken Tikka with Rice
Macaroni Cheese & Garlic Bread.

Sweetcorn & Broccoli
Pear & Ginger Muffin
Yoghurt / Fresh Fruit Salad

MSC Salmon Fish Fingers / Fish Fingers with Chips
Vegetable Enchiladas with Rice

Baked Beans & Garden Peas
Chocolate Coco Cookie
Yoghurt / Fruit Platter

Spaghetti Beef Bolognese
Soya Mince Lasagne with Jacket Wedges

Coleslaw & Sweetcorn
Eve's Pudding with Custard
Yoghurt / Fresh Fruit Platter

Chicken & Cheese Pizza with Potato Wedges
Lentil & Sweet Potato Curry with Rice.

Green Beans & Carrots
Oaty cookie
Yoghurt / Fresh Fruit Chunks

Roast Turkey & Stuffing Balls with Roast Potatoes & Gravy
Mixed Vegetable Loaf with Roast Potatoes & Gravy

Broccoli & Cauliflower
Wholemeal Fruity Shortbread
Yoghurt / Fresh Fruit Salad

Beef Meatballs in Tomato Sauce with Rice
Chickpea Aloo Chaat with Rice

Roasted Mixed Vegetables
Peas & Sweetcorn.
Peach Upside Down Cake
Yoghurt / Fresh Fruit Platter

MSC Breaded Fish with Chips
Wholemeal Cheese & Tomato Quiche with Chips

Baked Beans & Garden Peas
Chocolate & Banana Oaty Square
Yoghurt / Fruit Platter

Chicken & Broccoli Wholemeal Pasta Bake with Garlic bread

Five Bean Chilli with Rice
Garden Peas & Mixed Peppers
Mandarin Upside Down Cake
Yoghurt / Fresh Fruit Platter

Cottage Pie with Gravy & New Potatoes
Vegetable & Apricot Tagine with Lemon & Mint Couscous

Green Beans & Glazed Carrots
Fruit Crumble with Custard.
Yoghurt / Fresh Fruit Salad

Roast Chicken with Stuffing, Roast Potatoes & Gravy
Vegetable Wellington with Roast Potatoes & Gravy

Savoy Cabbage & Sweetcorn
Rice Pudding with Mixed Berries
Yoghurt / Fresh Fruit Chunks

Beef Lasagne with Garlic Bread
Red Pepper Frittata with New Potatoes

Broccoli & Tomato Salad
Apple & Raisin Flapjack
Yoghurt / Fresh Fruit Salad

MSC Battered Fish with Chips
Wholemeal Cheese & Tomato Pizza with Chips

Baked Beans & Garden Peas
Chocolate Drizzle
Yoghurt / Fruit Station

Jacket Potatoes
freshly cooked daily where advertised with a choice of fillings
Bread
freshly baked on site daily
Daily Salad Selection
there will be a selection of salad items available daily
Fresh Fruit & Yoghurt
available daily

WE USE LOCALLY SOURCED INGREDIENTS WHEN AVAILABLE AND IN SEASON

All our menus are nutritionally analysed to ensure they meet and in most cases exceed **The School Food Standards**. We hope your child enjoys our new menus.

Menus could be subject to local change, please check your child's school for any bespoke changes.

-  Vegetarian option
-  Oily fish
-  Marine Stewardship Council details
Web: www.msc.org
Chain of Custody
Registration Code
MSC-C-54995