



Our menus are planned to meet the food based standards for food in schools and are checked using a recognised programme to analyse nutrition. Over 75% of our dishes are homemade and freshly prepared using tried and tested traditional recipes we know children will love and there's always seasonal fresh fruit, salad and vegetables available daily along with a bread basket and fresh water freely available.

Week 1

	Monday	Tuesday	Wednesday	Thursday	Fun Friday					
Hot Meal Options	Southern Style Chicken served with herby diced potatoes and mixed vegetables	Homemade Cheese Whirl served with baked beans V	Chicken Pie served with creamed potatoes, fresh chopped carrots and gravy *New*	Cheese and Tomato Pizza served with sunshine sweetcorn and crunchy chopped salad V	Cook's Roast Chicken Dinner served with creamed potatoes, seasonal vegetables and gravy	Lasagne served with mixed vegetables	Chicken Curry served with 50/50 rice, warm naan bread and sunshine sweetcorn	Tomato, Garlic and Basil Pasta Bake served with fresh seasonal vegetables and crusty garlic bread V	Bird's Eye Fish Fingers (2) served with oven baked chips and peas	British Pork Sausage served with chips peas and gravy
Daily Hot Selection	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.
Dessert	Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Decorated Carrot Cake or Juicy Chopped Fresh Fruit or Yoghurt	Fresh Baked Chocolate Muffin or Juicy or Juicy Chopped Fresh Fruit or Yoghurt	Chocolate Crunch or Juicy Chopped Fresh Fruit or Yoghurt	*New* Millionaire's Shortbread or Juicy Chopped Fresh Fruit or Yoghurt					

Week 2

	Meat Free Monday	Tuesday	Wednesday	Thursday	Fun Friday					
Hot Meal Options	Cheese and Tomato Pizza served with sunshine sweetcorn and crunchy chopped salad V	Tomato, Garlic and Basil Pasta Bake served with fresh seasonal vegetables and crusty garlic bread V	Beef and Onion Pie served with herby diced potatoes and mixed vegetables	Southern Style Chicken served with herby diced potatoes and mixed vegetables	Cook's Roast Chicken Dinner served with creamed potatoes, broccoli and gravy	Homemade Cheese Whirl served with baked beans V	Chicken Curry served with 50/50 rice, warm naan bread and sunshine sweetcorn	Cheese Panini Half cheese panini, served with potato wedges and freshly chopped salad V	Breaded Fish Stars served with oven baked chips and peas *New*	Crispy Chicken Fillet served with oven baked chips and sunshine sweetcorn
Daily Hot Selection	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.
Dessert	Fresh Baked Iced Sponge or Juicy Chopped Fresh Fruit or Yoghurt	Rice Pudding or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Ginger Biscuits with Juicy Pears or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Chocolate Muffin or Juicy Chopped Fresh Fruit or Yoghurt	Jelly and Ice Cream or Juicy Chopped Fresh Fruit or Yoghurt					

Week 3

	Monday	Tuesday	Wednesday	Thursday	Fun Friday					
Hot Meal Options	Pasta Bolognese served with a medley of mixed vegetables and crusty garlic bread	Chicken Fajita Wrap served with herby diced potatoes and mixed vegetables	Meat and Potato Pie served with garden peas and gravy	Cheese and Tomato Pizza served with sunshine sweetcorn and crunchy chopped salad V	Cook's Roast Chicken Dinner served with creamed potatoes, carrots, peas and gravy	Tomato, Garlic and Basil Pasta Bake served with fresh seasonal vegetables and crusty garlic bread V	Chicken Curry served with 50/50 rice, warm naan bread and sunshine sweetcorn	Cottage Pie Served with seasonal vegetables, beetroot and gravy	Harry Ramsden's 100% Fish Fillet served with oven baked chips and mushy peas	Vegetarian Sausage Roll served with oven baked chips and beans V
Daily Hot Selection	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.
Dessert	Cook's Homemade Apple Flapjack or Juicy Chopped Fresh Fruit or Yoghurt	Chocolate Delight or Juicy Chopped Fresh Fruit or Yoghurt	Fresh Baked Decorated Muffin or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Assorted Fresh Baked Fruit Cookies or Juicy Chopped Fresh Fruit or Yoghurt	*New* Marble Sponge and Custard or Juicy Chopped Fresh Fruit or Yoghurt					

Key V for Vegetarian Foods

