



UNLIMITED ACCESS TO OUR SALAD BAR WITH 3 TO 6 ITEMS TO CHOOSE FROM AVAILABLE FOR ALL!

All of our cheese is HAD THAT, which means it can be traced from farm to school. All our produce is locally sourced!

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



### Week One

WEEK COMMENCING: 8TH SEP / 28TH SEP / 17TH OCT / 14TH NOV / 5TH DEC / 2ND JAN / 23RD JAN

Monday	Chicken Korma with Rice	Carrots & Spinach
Tuesday	Vegetable & Tomato Pasta Bake	Apple Crumble & Custard
Wednesday	Cottage Pie	Peas & Roasted Butternut Squash
Thursday	Honey & Ginger Soya Strips with Rice	Jacket Potato with Cheese
Friday	Roast Lamb with Roast or New Potatoes & Gravy	Broccoli & Roasted Parsnips
Saturday	Roast Chicken Breast with Roast or New Potatoes & Gravy	Roasted Vegetable Lasagne
Sunday	Sticky Salmon Wrap	Frozen Strawberry Yoghurt

Monday	Jacket Potato with Colerslaw	Quorn Stir Fry with Rice & Peas
Tuesday	Fruit Salad & Honey Yoghurt	Jacket Potato with Baked Beans
Wednesday	BBQ Chicken Pizza	Vegetables & Sweetcorn
Thursday	Margherita Popeye Pizza	Apple Flapjack
Friday	Ham Salad Baguette	Fish Fingers with Chips & Peas
Saturday	Vegetable Burrito	Breaded Fish & Chips
Sunday	Quorn Paella	Jacket Potato with Baked Beans

DO NOT PANIC THE DESSERT ON THE MENU! CHOOSE FROM A SELECTION OF FRESH FRUIT & ORGANIC YOGHURTS

### Week Two

WEEK COMMENCING: 12TH SEP / 3RD OCT / 1ST OCT / 21ST NOV / 12TH DEC / 9TH JAN / 30TH JAN

Monday	Sausages with Mash & Gravy	Carrots & Green Beans
Tuesday	Vegetarian Sausages with Mash & Gravy	Chocolate & Beetroot Brownie
Wednesday	Cheese & Salad Roll	Brownie
Thursday	Beef Spaghetti Bolognese	Cauliflower & Spinach
Friday	Sweet Potato & Chickpea Curry with Rice	Jacket Potato with Tuna Mayonnaise
Saturday	Roast Chicken Breast with Roast or New Potatoes & Gravy	Broccoli & Honey Roast Root Vegetables
Sunday	Sticky Salmon Wrap	Roasted Vegetable Lasagne

Monday	Jacket Potato with Baked Beans	Egg Mayonnaise & Tomato Roll
Tuesday	Bubble & Squeak Fritata with Baked Jacket Wedges	Jacket Potato with Baked Beans & Cheese
Wednesday	Roasted Butternut Squash	Green Beans & Peaches & Ice Cream
Thursday	Sweet & Sour Chicken with Rice	Sweet Potato with Baked Beans & Cheese
Friday	Ham & Tomato Wrap	Orange & Carrot Muffin
Saturday	Roast Gammmon with Roast or New Potatoes	Savoury Minced Quorn with Roast or New Potatoes & Gravy
Sunday	Jacket Potato with Cheese or Tuna Mayonnaise	Fruity Flapjack

MSC SUSTAINABLE SEAFOOD APPROVED! MSC 50236

### Week Three

WEEK COMMENCING: 19TH SEPT / 10TH OCT / 7TH NOV / 28TH NOV / 19TH DEC / 16TH JAN / 6TH FEB

Monday	Sweet & Sour Chicken with Rice	Green Beans & Peaches & Ice Cream
Tuesday	Beef Lasagne	Carrots & Roasted Mediterranean Vegetables
Wednesday	Ham & Tomato Wrap	Orange & Carrot Muffin
Thursday	Roast Gammmon with Roast or New Potatoes	Broccoli & Braised Red Cabbage
Friday	Jacket Potato with Cheese or Tuna Mayonnaise	Fruity Flapjack
Saturday	Meat Feast Pizza	Courgettes & Sweetcorn
Sunday	Margherita Popeye Pizza with Garlic Bread	Banana Crumble with Custard

Monday	Carrots & Spinach	Jacket Potato with Tuna Mayonnaise
Tuesday	Cauliflower & Spinach	Chocolate & Pear Pudding with Custard
Wednesday	Roast Chicken Breast with Roast or New Potatoes & Gravy	Broccoli & Honey Roast Root Vegetables
Thursday	Sticky Salmon Wrap	Roasted Vegetable Lasagne
Friday	Ham & Pineapple Pizza	Carrots & Sweetcorn
Saturday	Margherita Popeye Pizza	Peach Sponge & Vanilla Sauce
Sunday	Vegetable Burrito	Breaded Fish & Chips

Monday	Carrots & Green Beans	Carrots & Green Beans
Tuesday	Vegetable & Tomato Pasta Bake	Apple Crumble & Custard
Wednesday	Cottage Pie	Peas & Roasted Butternut Squash
Thursday	Honey & Ginger Soya Strips with Rice	Jacket Potato with Cheese
Friday	Roast Lamb with Roast or New Potatoes & Gravy	Broccoli & Roasted Parsnips
Saturday	Roast Chicken Breast with Roast or New Potatoes & Gravy	Roasted Vegetable Lasagne
Sunday	Sticky Salmon Wrap	Frozen Strawberry Yoghurt

Monday	Jacket Potato with Colerslaw	Quorn Stir Fry with Rice & Peas
Tuesday	Fruit Salad & Honey Yoghurt	Jacket Potato with Baked Beans
Wednesday	BBQ Chicken Pizza	Vegetables & Sweetcorn
Thursday	Margherita Popeye Pizza	Apple Flapjack
Friday	Ham Salad Baguette	Fish Fingers with Chips & Peas
Saturday	Vegetable Burrito	Breaded Fish & Chips
Sunday	Quorn Paella	Jacket Potato with Baked Beans

Monday	Carrots & Spinach	Jacket Potato with Tuna Mayonnaise
Tuesday	Cauliflower & Spinach	Chocolate & Pear Pudding with Custard
Wednesday	Roast Chicken Breast with Roast or New Potatoes & Gravy	Broccoli & Honey Roast Root Vegetables
Thursday	Sticky Salmon Wrap	Roasted Vegetable Lasagne
Friday	Ham & Pineapple Pizza	Carrots & Sweetcorn
Saturday	Margherita Popeye Pizza	Peach Sponge & Vanilla Sauce
Sunday	Vegetable Burrito	Breaded Fish & Chips

A DAILY CHOICE OF FRESH WHOLEMEAL & ORGANIC WHITE CRUSTY BREAD



APPROVED! Vegetarian Society All our VEGETARIAN MAIN DISHES, SIDES DISHES & DESSERTS are Vegetarian Society approved!

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



All our meat is FARM ASSURED OR RED TRACTOR

CHILLED DRINKING WATER IS ALWAYS AVAILABLE



Yeo Valley produces the highest quality milk in the UK. We use the best milk from our own farms and local suppliers to create our delicious milk and yoghurt.