

# MENU CYCLE WEEK ONE

SERVED WEEK COMMENCING:  
31ST OCTOBER • 21ST NOVEMBER • 12TH DECEMBER  
5TH JANUARY • 23RD JANUARY • 20TH FEBRUARY • 13TH MARCH

## MONDAY



Sausages with Onion Gravy and Potato Wedges  
OR Wallace and Gromit BBQ Pasta (V) with Garlic Bread  
DESSERT CHOICE: Fresh Fruit Salad with Shortbread Biscuit, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Cheese Roll

## TUESDAY



Beef Bolognese with Wholemeal Spaghetti  
OR Cheese and Onion Pasty (V) with Diced Potatoes  
DESSERT CHOICE: Apple Crumble with Custard, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Chicken Baguette

## WEDNESDAY



Roast Chicken with Sage and Onion Stuffing and Roast Potatoes or Pasta Choice  
OR Roast Quorn Fillet (V) with Roast Potatoes or Pasta Choice  
DESSERT CHOICE: Chocolate and Mandarin Sponge with Chocolate Sauce, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Ham Baguette

## THURSDAY



Shepherd's Pie with Creamed Potatoes  
OR Yorkshire Pudding Ratatouille (V) with Creamed Potatoes  
DESSERT CHOICE: Iced Fruit Smoothie, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Tuna Roll

## FRIDAY



Oven Baked Battered Fish Fillet with Low Fat Chips or Pasta Choice  
OR Cheese and Tomato Pizza (V) with Low Fat Chips or Pasta Choice  
DESSERT CHOICE: Mini Gingerbread and Fresh Fruit, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Free Range Egg Roll

### EXAMPLES OF OUR COLD OPTIONS:



GRAVY AND CUSTARD ARE ALWAYS AVAILABLE SEPARATELY WHEN ON THE MENU

# MENU CYCLE WEEK TWO

SERVED WEEK COMMENCING:  
7TH NOVEMBER • 28TH NOVEMBER • 19TH DECEMBER  
9TH JANUARY • 30TH JANUARY • 27TH FEBRUARY • 20TH MARCH

## MONDAY



Chicken Pasta Bake with Crusty Bread  
OR Jacket Potato with Rich Tomato Bolognese (V)  
DESSERT CHOICE: Banana Loaf with Custard, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Cheese Baguette

## TUESDAY



Burger in a Bun with Potato Wedges  
OR Vegetable Burger in a Bun (V) with Potato Wedges  
DESSERT CHOICE: Frozen Yoghurt with Fruit, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Chicken Baguette

## WEDNESDAY



Roast Pork with Apple Sauce and Roast Potatoes or Pasta Choice  
OR Quorn Deli Wrap (V) with Roast Potatoes or Pasta Choice  
DESSERT CHOICE: Scotch Pancake with Fruit and Ice Cream, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Tuna Baguette

## THURSDAY



SCOTY Meatloaf with Creamed Potatoes  
OR Macaroni Cheese (V) with Wholemeal Garlic Bread  
DESSERT CHOICE: Sticky Chocolate Muffin with Fruit Juice, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Ham Roll

## FRIDAY



Breaded Salmon with Low Fat Chips or Pasta Choice  
OR Cheese and Tomato Pizza (V) with Low Fat Chips or Pasta Choice  
DESSERT CHOICE: Mini Oat Cookie with Fresh Fruit, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Free Range Egg Roll

# MENU CYCLE WEEK THREE

SERVED WEEK COMMENCING:  
14TH NOVEMBER • 5TH DECEMBER • 16TH JANUARY  
6TH FEBRUARY • 6TH MARCH • 27TH MARCH

## MONDAY



Sticky Chicken with Potato Wedges  
OR Cheesy Pin Wheels (V) with Potato Wedges  
DESSERT CHOICE: Fruity Muffin with Milkshake, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Tuna Roll

## TUESDAY



Lasagne with Side Salad  
OR Quorn Hot Dog (V) with Diced Potatoes  
DESSERT CHOICE: Raspberry Mousse, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Chicken Baguette

## WEDNESDAY



Roast Gammon with Roast Potatoes or Pasta Choice  
OR Mild Chilli Burritos (V) with Roast Potatoes or Pasta Choice  
DESSERT CHOICE: Banoffee Ice Cream, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Cheese Roll

## THURSDAY



Traditional Chicken Pie with Creamed Potatoes  
OR Jacket Potato with Baked Beans (V)  
DESSERT CHOICE: Oatie Apricot Layer with Custard, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Ham Baguette

## FRIDAY



Fish Fingers with Low Fat Chips or Wholemeal Pasta Choice  
OR Favourite Pizza (V) with Low Fat Chips or Pasta Choice  
DESSERT CHOICE: Mini Sponge Finger and Fresh Fruit, Yoghurt, Fresh Fruit or Cheese and Biscuits  
COLD OPTION: Free Range Egg Roll

ALL OUR COLD OPTIONS INCLUDE UNLIMITED SALAD ITEMS OR VEGETABLES AND A CHOICE OF DESSERTS

No salt is used in cooking or offered to pupils to add after cooking. Instead we use herbs and spices to bring children's taste buds alive

FRESHLY BAKED BREAD AVAILABLE DAILY PLUS A SELECTION OF VEGETABLES AND BOWL SALADS



Some photographs and / or garnishes have been used as illustration only. All meal prices are set by individual schools and are subject to local variations.

