



















































Autumn/Winter 2023





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SOUP OF THE DAY</p>  <p>MEAT FREE MONDAY</p>	<p>SOUP OF THE DAY</p> 	<p>SOUP OF THE DAY</p>  <p>MEAT FREE WEDNESDAY</p>	<p>SOUP OF THE DAY</p> 	<p>SOUP OF THE DAY</p> 
<p>Penne Pasta In Pumpkin & Tomato sauce</p> 	<p>Chicken Korma</p> 	<p>Simply Grilled Salmon</p> 	<p>Spaghetti Bolognese</p> 	<p>Baked Fish Fillet With Lemon Wedges & Tartar sauce</p> 
<p>Vegetable Fingers In crunchy lettuce & pitta bread</p> 	<p>Sweet potato, Split pea & Spinach Curry</p> 	<p>Root Vegetable & Red Lentil Hot pot</p> 	<p>Vegetable & Chickpea Ragu</p> 	<p>Vegetable Burrito</p> 
<p>Edamame Beans</p> 	<p>Garden Peas Basmati Coconut Rice</p>	<p>Steamed Green beans New Potatoes</p>	<p>Steamed Broccoli Florets</p>	<p>Garden Peas/Baked Beans Oven Baked Fries</p>
<p>Jacket Potato Butter/flora</p>	<p>Jacket Potato Butter/flora</p>	<p>Jacket Potato Butter/flora</p>	<p>Jacket Potato Butter/flora</p>	<p>Jacket Potato Butter/flora</p>
<p>Fresh Seasonal Fruits Selection of Smooth & Fruity Yoghurts</p>	<p>Oaty Apple & Cinnamon Crumble & Custard</p> 	<p>Fresh Seasonal Fruits Selection of Smooth & Fruity Yoghurts</p>	<p>Semolina Pudding</p> 	<p>Fresh Seasonal Fruits Selection of Smooth & Fruity Yoghurts</p>

 Vegetarian
  Sustainable Fish
  Oily Fish
  Wheat
  Soy Beans
  Eggs
  Celery
  Milk/Cream
  Cheese
  Red Tractor
  Vegan

All foods are freshly prepared using fresh seasonal ingredients. Selection brown breads & rolls, Salads & Protein items available from salad bar everyday. Children with dietary requirements are also catered for and great care is taken when preparing meals. All food items sourced are from reputable and local suppliers where possible. Children are very much encouraged to have their 5 a day with fruits being available in abundance at break and at lunch times.

















Autumn/Winter 2023


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY  MEAT FREE MONDAY	SOUP OF THE DAY 	SOUP OF THE DAY  MEAT FREE WEDNESDAY	SOUP OF THE DAY 	SOUP OF THE DAY 
Pasta Tortelloni With tomato & Basil sauce  	Chicken Sausages With gravy  	Vegetarian meatball In gravy  	Minced Beef Lasagne With Garlic Slice    	Baked Fish Fillet With Lemon Wedges & Tartar sauce  
Vegetable Frittata  	Vegetarian Sausages With vegetarian gravy   	Fish Cake With Tomato Salsa 	Vegetable & Red Lentil Lasagne  	Vegetable Burger   
Steamed Broccoli Florets Plain Pasta	Garden Peas/Bake Beans Creamy Mash Potato	Steamed Green Beans Basmati Rice	Steamed Broccoli Florets New Potatoes	Garden Peas/Baked Beans Oven Baked Fries
Jacket Potato Butter/flora	Jacket Potato Butter/flora	Jacket Potato Butter/flora	Jacket Potato Butter/flora	Jacket Potato Butter/flora
Fresh Seasonal Fruits Selection of Smooth & Fruity Yoghurts	Chocolate Sponge With Chocolate Sauce	Fresh Seasonal Fruits Selection of Smooth & Fruity Yoghurts	Vegetarian Strawberry Jelly With Cream	Fresh Seasonal Fruits Selection of Smooth & Fruity Yoghurts

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  Oily Fish
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  Celery
  Milk/Cream
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  Red Tractor
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SOUP OF THE DAY  MEAT FREE MONDAY	SOUP OF THE DAY 	SOUP OF THE DAY  MEAT FREE WEDNESDAY	SOUP OF THE DAY 	SOUP OF THE DAY 
Mac 'N' Cheese With crunchy topping 	Simply Roast Chicken 	Mild Veggie Mince Chilli With crumbled nachos 	Chicken & Sweetcorn Flaky Pie 	Fish Fingers With Lemon Wedges & Tartar sauce 
Beetroot Falafel 	Stir Fry Vegetable & Black Bean Teriyaki 	Vegetable Nuggets 	Crushed Swede & Potato Vegetable Pie 	Cheese & Tomato Flatbread 
Steamed Edamame Beans/Carrots 	Steamed Broccoli Florets Lemon CousCous	Steamed Green Beans Seasoned Vegetable Rice	Steamed Broccoli Florets	Garden Peas/Baked Beans Oven Baked Fries
Jacket Potato Butter/flora	Jacket Potato Butter/flora	Jacket Potato Butter/flora	Jacket Potato Butter/flora	Jacket Potato Butter/flora
Fresh Seasonal Fruits Selection of Smooth & Fruity Yoghurts	Creamy Rice Pudding	Fresh Seasonal Fruits Selection of Smooth & Fruity Yoghurts	Steamed Jam Sponge With Custard	Fresh Seasonal Fruits Selection of Smooth & Fruity Yoghurts

 Vegetarian
  Sustainable Fish
  Oily Fish
  Wheat
  Soy Beans
  Eggs
  Celery
  Milk/Cream
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