




















WEEK 1

W/C: 04/11, 25/11, 16/12, 06/01, 27/01, 24/02, 17/03

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Macaroni Cheese  served with Sweetcorn and Peas	Classic Beef Burger with Potato Wedges served with Green Beans and Carrots	Roast Chicken with Roast Potatoes & Gravy served with Cabbage and Sweetcorn	Vegetarian Cottage Pie  VE served with Broccoli and Carrots	Fish Fingers or Jerk Chicken and Chips served with Baked Beans and Peas
	Cheesy Bean Burrito    served with Fresh Tomato Sauce, Sweetcorn and Peas	Quorn Burger  or Salmon Tuna Wrap  served with Potato Wedges, Green Beans and Carrots	Roast Quorn with Roast Potatoes & Gravy  served with Cabbage and Sweetcorn	West African Vegetable Rice  VE served with Broccoli and Carrots	Veggie Fingers with Chips  VE served with Baked Beans and Peas
SCHOOLS CHOICE	Tomato Pasta or Jacket Potato with Cheese, Coleslaw, Beans or Tuna or Filled Sandwich or Baguette    VE Schools choice of one of the above	Tomato Pasta or Jacket Potato with Cheese, Coleslaw, Beans or Tuna or Filled Sandwich or Baguette    VE Schools choice of one of the above	Tomato Pasta or Jacket Potato with Cheese, Coleslaw, Beans or Tuna, or Filled Sandwich or Baguette    VE Schools choice of one of the above	Tomato Pasta or Jacket Potato w/ Cheese, Coleslaw, Beans or Tuna or Filled Sandwich or Baguette    VE Schools choice of one of the above	Tomato Pasta or Jacket Potato with Cheese, Coleslaw, Beans or Tuna or Filled Sandwich or Baguette    VE Schools choice of one of the above
	DAILY 5 CHOICE SALAD BAR Rice Salad, Carrot, Tomato, Cucumber, Lettuce				
	Coleslaw, Peppers, Tomato, Cucumber, Lettuce				
	Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce				
	Potato Salad, Carrot, Tomato, Cucumber, Lettuce				
	Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce				
DESSERT	Organic Yoghurt & Fresh Fruit Slices  or Raspberry Jelly with Fruit Slices VE	Organic Yoghurt & Fresh Fruit Slices  or Apple Crumble VE with Custard 	Organic Yoghurt & Fresh Fruit Bowl  or Rice Pudding with Jam or Chocolate Spread	Organic Yoghurt & Fresh Fruit Salad  or Flapjack with Fresh Fruit Slices  VE	Organic Yoghurt & Fresh Fruit Slices  or Chocolate Brownie with Fresh Fruit Slices

COOL WATER, ORGANIC MILK & FRESHLY BAKED BREAD AVAILABLE DAILY

We offer medical diet and allergen support, please speak to your school office in the first instance. Vegetables and fruit are subject to seasonal variation. Menu is subject to availability and individual school changes.

 Vegetarian  Oily Fish  Wholegrain

 Fruity!  Nutritionist's Choice **VE** Vegan

WEEK 2

W/C: 11/11, 02/12, 13/01, 03/02, 03/03, 24/03

AUTUMN/WINTER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT SPECIALS	Meatless Feast Cheesy Pizza with Pesto Pasta 🌱 🌾 served with Sweetcorn and Peas	Butter Chicken with Rice 🍷 🌾 served with Green Beans and Carrots	Roast Chicken with Roast Potatoes and Gravy served with Cabbage and Sweetcorn	Mexican Vegetarian Tortilla Pie 🌱 served with Broccoli and Carrots	Crispy Chicken Burger with Chips served with Baked Beans and Peas
SCHOOLS CHOICE	Vegetable Fajita with Wholegrain Rice 🌱 🌾 🍷 served with Fresh Tomato Sauce, Sweetcorn and Peas	Chinese Vegetable Noodles 🌱 served with Green Beans and Carrots	Winter Vegetable Hotpot with Gravy 🌱 🌾 🍷 served with Cabbage and Sweetcorn	Macaroni Cheese 🌱 served with Broccoli and Carrots	Quorn Dippers with Chips 🌱 🌾 🍷 served with Baked Beans and Peas
	Tomato Pasta or Jacket Potato with Cheese, Coleslaw, Beans or Tuna or Filled Sandwich or Baguette 🍷 🌱 🌾 🍷 Schools choice of one of the above	Tomato Pasta or Jacket Potato with Cheese, Coleslaw, Beans or Tuna, or Filled Sandwich or Baguette 🍷 🌱 🌾 🍷 Schools choice of one of the above	Tomato Pasta or Jacket Potato with Cheese, Coleslaw, Beans or Tuna, or Filled Sandwich or Baguette 🍷 🌱 🌾 🍷 Schools choice of one of the above	Tomato Pasta or Jacket Potato with Cheese, Coleslaw, Beans or Tuna, or Filled Sandwich or Baguette 🍷 🌱 🌾 🍷 Schools choice of one of the above	Tomato Pasta or Jacket Potato w/ Cheese, Coleslaw, Beans or Tuna, or Filled Sandwich or Baguette 🍷 🌱 🌾 🍷 Schools choice of one of the above
	Rice Salad, Carrot, Tomato, Cucumber, Lettuce	Potato Salad, Peppers, Tomato, Cucumber, Lettuce	DAILY 5 CHOICE SALAD BAR Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce		
DESSERT	Organic Yoghurt & Fresh Fruit Slices 🍌 or Crunchy Chocolate Mousse	Organic Yoghurt & Fresh Fruit Slices 🍌 or Banana Cake with Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Bowl 🍌 or Apple & Berry Crumble 🌱 🌾 with Custard 🍌	Organic Yoghurt & Fresh Fruit Salad 🍌 or Orange Glazed Sticky Sponge with Custard 🍌	Organic Yoghurt & Fresh Fruit Slices 🍌 or Chocolate Cookie with Fresh Fruit Slices 🌱

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 Vegetarian
  Oily Fish
  Wholegrain
 Fruity!
  Nutritionist's Choice
  Vegan

WEEK 3

W/C: 18/11, 09/12, 20/01, 10/02, 10/03, 31/03

AUTUMN/WINTER 2024

HOT SPECIALS

SCHOOLS CHOICE

DESSERT


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY




Freshly Made Cheese and Tomato Pizza with Pesto Pasta

 served with Sweetcorn and Peas


Chicken Sausages with Mashed Potato & Gravy
 served with Green Beans and Carrots

Roast Beef with Roast Potatoes and Gravy
 served with Cabbage and Sweetcorn




Sweet Potato Curry with Wholegrain Rice  
 served with Broccoli and Carrots

Battered Fish or BBQ Chicken with Chips
 served with Baked Beans and Peas




Chilli no Carne with Crispy Tortilla & Wholegrain Rice
   **VE**
 served with Sweetcorn and Peas




Veggie Sausages with Mashed Potato & Gravy 
 served with Green Beans and Carrots




Roasted Vegetable & Cranberry Slice with Roast Potatoes and Gravy **VE**
 served with Cabbage and Sweetcorn




Tomato and Sweetcorn Pasta
  
 served with Broccoli and Carrots




Crispy Quorn Sub with Chips **VE**
 served with Baked Beans and Peas

Tomato Pasta or Jacket Potato with Cheese, Coleslaw, Beans or Tuna, or Filled Sandwich or Baguette   
 Schools choice of one of the above

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 Schools choice of one of the above

Tomato Pasta or Jacket Potato with Cheese, Coleslaw, Beans or Tuna, or Filled Sandwich or Baguette   
 Schools choice of one of the above

DAILY 5 CHOICE SALAD BAR

Rice Salad, Carrot, Tomato, Cucumber, Lettuce

Coleslaw, Peppers, Tomato, Cucumber, Lettuce

Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Organic Yoghurt & Fresh Fruit Slices  or Chocolate Beet Brownie with Orange Slices 

Organic Yoghurt & Fresh Fruit Slices  or Peach & Ginger Pudding with Custard

Organic Yoghurt & Fresh Fruit Bowl  or Sicilian Lemon Cookie with Fresh Fruit Slices

Organic Yoghurt & Fresh Fruit Salad  or Jam & Coconut Sponge with Custard

Organic Yoghurt & Fresh Fruit Slices  or Vanilla Ice Cream with Shortbread **VE**

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