



AVAILABLE EVERY DAY

- Soup of the day
- Pasta and sauce
- Jacket potato and fillings
- Seasonable vegetables
- Selection of fresh salad

LUNCHTIME COTM

WEEK ONE MENU

WEEKS COMMENCING: 30TH OCT • 20TH NOV • 11TH DEC • 8TH JAN • 29TH JAN • 26TH FEB • 19TH MARCH

NUTRITIONALLY PACKED

All our menus are nutritionally analysed to ensure they meet and exceed The School Food Plan.

WE BUY LOCAL

We use local suppliers because we only use food we can trust which is of a high standard, properly produced, fresh and good value.

	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Freshly baked wholemeal bread	Freshly baked focaccia	Freshly baked ciabatta bread	Freshly baked sunflower seed bread	Freshly baked garlic & herb bread
Main Choice 1	Beef pasta bolognese served with grated cheese & spaghetti	Chicken sausages with mashed potato	Beef lasagne	Roast lamb, with roast potatoes and Yorkshire pudding	Fish fingers & chips with tomato ketchup
Main Choice 2	Chicken sweet potato and lentil korma	Beef chili tacos with grated cheese	Salmon fishcakes	Chicken & vegetable paella	Cajun spiced chicken thigh
Main Choice 3	Potato, red Leicester & cheddar cheese tart	Penne pasta with tomato and basil sauce	Vegetable stew served with rice	Vegetarian sausages with mashed potato	Aubergine pepper and mozzarella bake
Desserts	Apple sponge pudding with custard Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Jelly with fresh cream Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Marble cake Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Cherry cookies Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Sticky toffee pudding with toffee sauce Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits

Our mission is to make your lunchtime meal the highlight of your day

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited • All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

SOME OF OUR FOOD MAY CONTAIN ALLERGENS, PLEASE ASK OUR CHEF FOR ADVICE



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LUNCHTIME COTM

WEEK TWO MENU

WEEKS COMMENCING: 6TH NOV • 27TH NOV • 18TH DEC •
15TH JAN • 5TH FEB • 5TH MARCH • 26TH MARCH

NUTRITIONALLY PACKED

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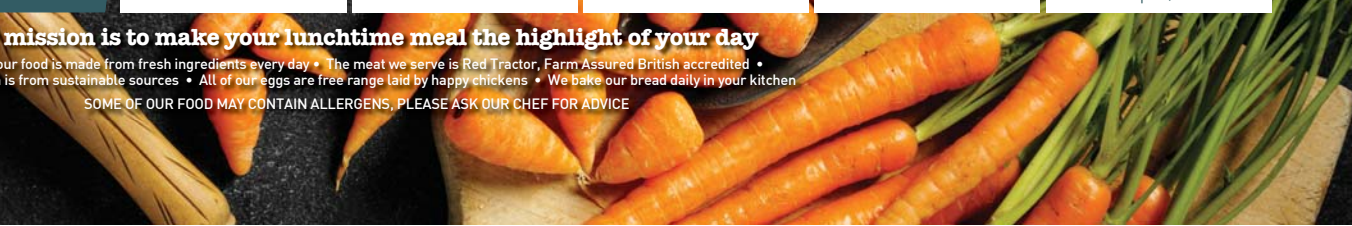
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	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Freshly baked wholemeal bread	Freshly baked focaccia bread	Freshly baked garlic bread	Freshly baked ciabatta bread	Freshly baked wholemeal bread
Main Choice 1	Beef vegetable stir fry and rice	BBQ Chicken with New potatoen	Mediterranean lamb & couscous	Roast pork roast potatoes & yorkshire pudding	Battered fish & chips with tomato ketchup
Main Choice 2	Lamb vegetable tikka masala with rice	Baked cod loin with a tomato & basil sauce	Baked potato with chilli and cheese	Fish paella	Chicken with noodles
Main Choice 3	Cheese cauliflower & broccoli bake	Cheese & tomato quiche	Chick pea & lentil ragu with rice	Creamy macaroni cheese with leeks	Vegetable wrap
Desserts	Apple crumble & custard Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	FlapJack Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Cherry shortbread biscuits Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Strawberry cheesecake Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Chocolate sponge cake with chocolate sauce Sliced fresh fruit, natural yoghurt, fruit compote, cheese &

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WEEK THREE MENU

WEEKS COMMENCING: 13TH NOV • 4TH DEC • 1ST JAN •
22ND JAN • 19TH FEB • 12TH MARCH

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Freshly Baked Bread	Freshly baked wholemeal bread	Freshly baked focaccia bread	Freshly baked ciabatta bread	Freshly baked wholemeal bread	Freshly baked garlic bread
Main Choice 1	Pork sausage in a tomato & garlic sauce with penne pasta	Jerk chicken with rice & peas	Beef burger in a bun with lettuce & tomato	Roast turkey with roast potatoes and Yorkshire pudding	Fish and chips
Main Choice 2	Chicken vegetable chow mein & rice	Tuna and pasta bake	Chicken curry & rice	Steamed cod with dill & lemon	Vegetable sausage hot dog with onions
Main Choice 3	Macaroni cheese	Moroccan spiced chickpea and vegetable ragout	Vegetable lasagne with garlic bread	Broccoli & tomato pasta bake with melted cheese	Vegetable flat bread pizza
Desserts	Rhubarb crumble & custard Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Chocolate cookies and ice cream Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Jam sponge & custard Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Banana cake Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Bakewell tart Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits

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