

# Week One

**Did you know?**  
We use whole wheat flour in our bread and pastry recipes to ensure our menus are rich in fibre which is great for your digestion!

<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Roast Wednesday</b>	<b>Thursday</b>	<b>Fishy Friday</b>
<b>Option 1</b> Cheese and Tomato Swirl with Pasta Salad	Lamb Meatballs in a Sweet Pepper Sauce with Steamed Rice	Roast Chicken with Stuffing	Italian Beef Lasagne with Herby Bread	Breaded Fish Fingers
<b>Option 2 (v)</b> Sweet Potato and Lentil Curry with Steamed Rice	Italian Bean Bake	Quorn Chipolatas with Stuffing	Vegetarian Bean Chili with Steamed Rice	Cheese and Tomato Quiche
<b>Served With</b> Sweetcorn	Garden Peas and Carrots	Roast Potatoes, Spring Greens, Carrots and Gravy	Crunchy Mixed Salad	Chips, Garden Peas or Baked Beans
<b>Jacket Potato Option</b> Jacket Potato with Baked Beans	Jacket Potato with Cheese and Coleslaw	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese
<b>And for Pudding</b> Vanilla Ice Cream	Brownie Slice	Fresh Fruit Salad with Natural Yoghurt	Fruit and Jelly	Peach Melba Cupcake

Fresh Bread, Salad, Fruit, Milk Drink and Water are available every school day. Jacket Potatoes are served with Daily Vegetables or Salad. Please check with your school if the Jacket Potato Option is available.  
Week starting: 19 Feb • 12 Mar • 16 Apr • 7 May • 4 Jun • 25 Jun • 16 Jul

# Week Two

**Did you know?**  
We use whole wheat flour in our bread and pastry recipes to ensure our menus are rich in fibre which is great for your digestion!

<b>Monday</b>	<b>Tuesday</b>	<b>Roast Wednesday</b>	<b>Thursday</b>	<b>Fishy Friday</b>
<b>Option 1</b> Breaded Chicken Fillet in a Wrap, Jacket Potato Wedges, Crispy Lettuce and Coleslaw	Mild Teriyaki Beef with Steamed Rice	Succulent Roast Pork with Apple Sauce	Mediterranean Chicken with Pasta Twists and Garlic Bread	Crispy Fish Fillet
<b>Option 2 (v)</b> Vegetable Enchilada with Steamed Rice	Veggie Balls in Tomato Sauce with Pasta	Roast Potatoes, Carrots, Broccoli and Gravy	Cheese and Potato Pie	Spanish Omelette
<b>Served With</b> Broccoli	Green Beans and Sweetcorn	Jacket Potato with Cheese and Coleslaw	Crunchy Mixed Salad	Chips, Garden Peas or Baked Beans
<b>Jacket Potato Option</b> Jacket Potato with Baked Beans	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese	Jacket Potato with Cheese
<b>And for Pudding</b> Chewy Bar with a Melon Slice	'All Time Favourite' Cornflake Tart with Custard	Apple and Berry Slice	Fruit Topped Cheesecake	Marble Cake

Fresh Bread, Salad, Fruit, Milk Drink and Water are available every school day. Jacket Potatoes are served with Daily Vegetables or Salad. Please check with your school if the Jacket Potato Option is available.  
Week starting: 26 Feb • 19 Mar • 23 Apr • 14 May • 11 Jun • 2 Jul • 23 Jul

# Week Three

**Did you know?**  
The eggs used in our delicious Spanish Omelette contains lots of Protein which is essential for your muscle growth and immune system!

<b>Monday</b>	<b>Tuesday</b>	<b>Roast Wednesday</b>	<b>Thursday</b>	<b>Fishy Friday</b>
<b>Option 1</b> Margherita Pizza	Chipolata Sausages	Traditional Roast Beef with Yorkshire Pudding	Mild Chicken Tikka Masala with Savoury Rice and Naan Bread	Breaded Fish Fingers or Salmon Fingers
<b>Option 2 (v)</b> Tortilla Wrap filled with BBQ Quorn	Quorn Chipolatas	Vegetarian Shepherd's Pie	Cheesy Pasta	Garden Vegetable Goujons served with Sweet and Sour Dip
<b>Served With</b> Baby Potatoes and Crunchy Mixed Salad	Omelette, Hash Brown and Baked Beans	Mashed Potatoes, Spring Greens, Carrots and Gravy	Broccoli	Chips, Garden Peas or Baked Beans
<b>Jacket Potato Option</b> Jacket Potato with Baked Beans	Jacket Potato with Cheese and Coleslaw	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese
<b>And for Pudding</b> Cocoa Shortbread with Orange Wedges	Carrot Cake	Summer Berry Eaton Mess	Fruit Yoghurt	Apple Flapjack

Fresh Bread, Salad, Fruit, Milk Drink and Water are available every school day. Jacket Potatoes are served with Daily Vegetables or Salad. Please check with your school if the Jacket Potato Option is available.  
Week starting: 5 Mar • 26 Mar • 30 Apr • 21 May • 18 Jun • 9 Jul

**Did you know?**  
The berries used in the Apple and Berry Slice plus the Summer Berry Eaton Mess contain lots of Vitamin C and Antioxidants!