

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 7 January 28 January 25 February 18 March	Main	Beef & Vegetable Casserole	Ham, Peppers & Sweetcorn Pasta Bake	British Farm Assured Roast Chicken & Gravy	Lasagne Al Forno	Goujons of Plaice & Chips
	Vegetarian	Cheese & Tomato Pizza	Thai Green Quorn & Vegetable Curry with Rice	Halloumi Bake	Lentil & Mushroom Stroganoff Pasta	Greek Quesadillas with Tzatziki & Chips
	Option	Pasta with Cheese or Tomato Sauce	Jacket Potato with Cheese or Tuna Mayonnaise	Pasta with Cheese or Tomato Sauce	Jacket Potato with Beans or Tuna Mayonnaise	
		New Potatoes, Cauliflower & Peas	Sliced Carrots Broccoli	Roast potatoes Medley of Roasted Veg	Sweetcorn Roasted Vegetables	Baked Beans Garden Peas
	Dessert	Baked Rice Pudding	Carrot & Courgette Cake	Mandarin Jelly Pots	Banana & Date Flapjack (no refined sugar)	Strawberry Ice-Cream Pots
Week 2 14 January 4 February 4 March 25 March	Main	Chicken Burgers	Shepherd's Pie	British Farm Assured Roast Beef with Gravy	Chicken Tikka Masala with Rice	MSC Fish Fingers & Mashed Potatoes
	Vegetarian	Vegetarian Burger	Baked Aubergine Parmigiano	Tomato & Roast Vegetable Risotto	Mexican Burrito Boats & Rice	Vegetarian Sausage & Mashed Potatoes
	Option	Pasta with Cheese or Tomato Sauce	Jacket Potato with Beans or Tuna Mayonnaise	Pasta with Cheese or Tomato Sauce	Jacket Potato with Cheese or Tuna Mayonnaise	
		New Potatoes Sweetcorn, Baked Beans	Mashed Potatoes Peas, Fresh Cauliflower	Roast Potatoes Fresh Broccoli, Baton Carrots	Mixed Salad Sweetcorn	Baked Beans
	Dessert	Peach & Pear Fruit Pot	Oaty Apple & Pear Crumble & Custard	Jelly Pots	Blueberry Muffin & Custard	Vegetarian Strawberry Mousse Swirl
Week 3 21 January 11 February 11 March 1 April	Main	Braised Chicken Sausages in Gravy	Red Thai Fish Curry with Rice	British Farm Assured Roast Gammon Steak	Roasted BBQ Chicken with Rice	MSC Breaded Fish Fillet & Chips
	Vegetarian	Vegetarian Sausage Toad in the Hole with Gravy	Macaroni & Cheese	Feta, Spinach & Pepper Whirls	Sweet Potato & Courgette Bake	Vegetarian Fajita & Chips
	Option	Pasta with Cheese or Tomato Sauce	Jacket Potato with Beans or Tuna Mayonnaise	Pasta with Cheese or Tomato Sauce	Jacket Potato with Cheese or Beans	
		Mashed Potatoes Broccoli, Sweetcorn	Salad Bars Medley of Vegetables	Roast New Potatoes Cabbage, Baton Carrots	New Potatoes Peas, Sweetcorn	Baked Beans
	Dessert	Pineapple Fruit Pot	Drop Pancakes with Honey or Fruit Compote	Lemon Muffin & Custard	Fresh Fruit Salad	Vanilla Ice-Cream Pot

Salad Bar is available every day.

Fresh Fruit and Yoghurt available every day.

We use locally sourced ingredients when available and in season.

All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards.