

School Meals Menu

Themes	Options	Week 1	Week 2	Week 3
Vegetarian Day  Monday	Option 1	Wholewheat Cheese & Tomato Pasta Penne D G	Macaroni Cheese D G	Margarita Pizza 50/50 D G
	Option 2	Vegan Sausage Rolls Ve G	Pizza Pinwheels D G	Vegetable Fingers & Vegan Gravy V D
	Starchy Foods/ Vegetables	½ Baked Jacket Homemade Crusty Bread Slice G Mixed Vegetables Homemade Coleslaw	Mini Potato Waffles Mixed Vegetables Peas	Diced Potatoes Diced Carrots & Peas Homemade Coleslaw
	Dessert	Maryland Cookies D G	Cherry Shortcake G	Banana & Choc Drop Cupcakes D G
South American  Tuesday	Option 1	Cajun Chicken	Mild Chicken Curry	Chilli Con Carne
	Option 2	Cheese Omelettes D	Butternut Squash & Lentil Curry Ve	Sweet and Sour Diced Quorn Ve
	Starchy Foods/ Vegetables	Seasoned Wedges Diced Swede Sliced Green Beans	50/50 Boiled Rice Naan Bread G Cauliflower/Button Sprouts	50/50 Boiled Rice Mixed Vegetable Country Mix
	Dessert	Carrot Cake Tray Bake D G	Lemon Drizzle Cake G	Vanilla Sponge Fingers G
Traditional Roast  Wednesday	Option 1	Baked Ham/Stuffing/Gravy G	Sausages/Yorkshire Pudding/Gravy D G	Roast Chicken Breast/Stuffing/ /Gravy G
	Option 2	Homemade Chickpea & Cheese Patties V D	Vegetable Sausages Ve	Baked Quorn with Lemon & Black Pepper Ve
	Starchy Foods/ Vegetables	Skin On Roast Potatoes Garlic Carrots/Cauliflower	Skin On Roast Potatoes Boiled Carrots/Broccoli	Skin On Roast Potatoes Carrots/Savoy Cabbage
	Dessert	Oaty Apple Crumble & Custard D G	Chocolate Sponge & Chocolate Sauce D G	Dutch Apple Cake & Custard D G
Favourites  Thursday	Option 1	100% Beefburger in a Bun G* for bun only	Red Tractor Meatballs with Tomato Sauce	Sausage Rolls and Gravy G
	Option 2	1/4lb Vegetable Burger in a Bun V D G* for bun only	Quorn Bolognaise Ve	Cheese & Bean Bake D
	Starchy Foods/ Vegetables	Pomme Noisettes (Oven Baked) D G Sweetcorn & Peas	Wholewheat Pasta G Garlic Bread G Green Beans & Sweetcorn	Baked Mid Potatoes Baby Carrots/Broccoli
	Dessert	Raspberry Muffins D G	Fruits of Forest Cheesecake D G	Chocolate Krispie Cakes D G
Fish  Friday	Option 1	Battered Cod G	Breaded Fishwich Square G	Fish Fingers /Salmon Fishcakes G
	Option 2	Vegetable Spring Roll with Sweet Chilli Sauce V	Vegan Spicy Burgers Ve	Quorn Dippers V
	Starchy Foods/ Vegetables	Thick Cut Chips Baked Beans/Mushy Peas/Peas	French Fries Baked Beans/Peas	Skin on Fries Baked Beans/Peas
	Dessert	Homemade Chocolate & Beetroot Brownie D G	Date Shortbread G	Homemade Oat & Sultana Cookies G

Served Daily – Jacket Potatoes with Tuna or Cheese or Beans Fillings
Vegan Jelly and Fresh Fruit/Organic Yeo Yoghurts (Served Daily)

50/50 = Wholemeal & White

G = contains gluten

D = contains dairy

V = vegetarian

Ve = vegan

Article 24: You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to stay well.