



WEEK 3

W/C: 22/05, 19/06, 10/07, 18/09, 09/10

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN DISH 1

Cheese and Tomato Pizza with Potato Wedges



West African Chicken Rice with Peas & Sweetcorn



Roast Turkey Picnic Plate with Roast Garlic & Herb New Potatoes

Vegetarian Cottage Pie with Sweetcorn & Broccoli



Breaded Fish Fingers or Jerk Chicken with Chips

MAIN DISH 2

Chinese Vegetable Noodles with Sweetcorn & Green Beans



Mexican Vegetable Tortilla Pie with Rice, Peas & Sweetcorn



Cheesy Ploughman's Plate with Roast Garlic & Herb New Potatoes



Tomato and Herb Pasta Bake with Wholegrain Pasta



Crispy Quorn Veggie Dippers with Chips



SCHOOLS CHOICE

Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette



VEGETABLES

Sweetcorn
Green Beans

Peas
Sweetcorn

Coleslaw
Cucumber Sticks

Broccoli
Sweetcorn

Baked Beans
Peas

SALADS

Pasta Salad, Carrot, Tomato, Cucumber, Lettuce

Noodle Salad, Peppers, Tomato, Cucumber, Lettuce

Cous Cous Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Coleslaw, Sweetcorn, Tomato, Cucumber, Lettuce

DESSERT

Organic Yoghurt & Fresh Fruit Slices



Organic Yoghurt & Fresh Fruit Slices



Organic Yoghurt & Fresh Fruit Bowl



Organic Yoghurt & Fresh Fruit Salad



Organic Yoghurt & Fresh Fruit Slices



Mango Frozen Yoghurt & Fruit Slices

Berry Flapjack & Fruit Slices



Chocolate Brownie & Fruit Slices



Pineapple Upside Down Cake & Custard

Chocolate Milkshake & Shortbread

WATER, MILK & FRESHLY BAKED BREAD AVAILABLE EVERY DAY

We offer medical diet and allergen support, please speak to your school office .
Vegetables & 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

