

Week Three Menu

Served weeks commencing:
18/3, 8/4, 13/5, 17/6, 25/6, 9/7, 23/9, 14/10,

	MAIN MEAL	VEGETARIAN	JACKET POTATO	COLD DELI	DESSERTS
MONDAY	Spaghetti Bolognese Served with garlic bread	Veggie Bolognese Served with Garlic Bread	Jacket Potato	Egg Mayonnaise Sandwich served with the Self Help Salad Bar	Chocolate Mousse
TUESDAY	Pork Sausage with Mashed potato And Gravy	Veggie Sausage with Mashed potato and Gravy	Jacket Potato	Cheese Roll served with the Self Help Salad Bar	Fruit salad
WEDNESDAY	Roast Chicken with Roast Potatoes and Gravy	Quorn Roast served with Roast Potatoes and Gravy	Jacket Potato	Roast Turkey Sandwich served with the Self Help Salad Bar	Sticky Toffee Pudding
THURSDAY	Mild Chicken Curry served with Rice	Cheese and Bean Pasty	Jacket Potato	Roast Ham Sandwich served with the Self Help Salad Bar	Fruity Jelly
FRIDAY	Fish Fingers served with chips and peas or baked beans	Vegetable Fingers served with peas or baked beans	Jacket Potato	Tuna Mayonnaise Sandwich served with the Self Help Salad Bar	Homemade shortbread biscuit



AVAILABLE DAILY:

To accompany your child's meal: Seasonal Vegetables, fresh bread, help yourself salad bar, drinking water, seasonal fresh fruit, fruit yoghurt.



Grow

FUEL FOR YOUNG MINDS

School Lunch menu

SPRING '19 – SUMMER '19

February 2019 – October 2019

FOOD for LIFE

With this menu we continue with our achievement of Food for Life Silver; which briefly means your children are being provided healthy, well balanced and professionally created lunches made from the highest ingredients, including free-range, organic and MSC certified fish.

For more information on the award, please visit foodforlife.org.uk/schools



OUR MENU

- Our menus meet or exceed government food standards for school meals.
- Do not include fish on the Marine Conservation Society 'Fish to Avoid' list.
- Only contain British farm assured meat.
- Are nut free, peanut free and shellfish free

