



### Menu One

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Wrap with Fluffy White Rice	Beef Pasta Bolognaise	Roast Chicken Served with Roast Potatoes & Gravy	Pork Sausages with Mashed Potato & Gravy	Fish Fingers Served with Chips
Vegetarian	Vegetable Curry with Fluffy White Rice	Macaroni and Cheese	Vegan Quorn Fillet with Roast Potatoes & Gravy	Vegan Sausages with Mashed Potato & Gravy	Cheese & Tomato Pizza Pinwheel Served with Chips
Jacket/Pasta	Jacket with Cheese	Jacket with Tuna Mayo	Vegetable & Tomato Pasta Bake	Vegetable & Tomato Pasta Bake	Jacket with Beans
Sandwich	Cheese Sandwich	Tuna Mayo Wrap	Cheese Sandwich	Tuna Mayo Wrap	Ham Sandwich
Dessert	Plain Sponge Custard	Brownie	Flapjack	Iced Chocolate Sponge	Fresh Fruit Friday

Available Daily: Water, Seasonal Vegetables and Fresh Fruit

Dessert included in all options (custard is optional)

Week commencing 02/09, 23/09, 14/10, 04/11, 25/11, 16/12



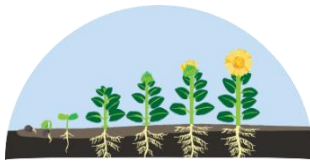
### Menu Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	BBQ Chicken with Fluffy White Rice	Beef Burger with Diced Potato	Roast Chicken Served with Roast Potatoes & Gravy	Beef Lasagne with Warm Baguette Slice	Fish Fingers Served with Chips
Vegetarian	BBQ Vegetable and Mixed Bean Wrap with Fluffy White Rice	Vegetarian Burger with Diced Potato	Roast Quorn Fillet with Roast Potatoes & Gravy	Vegetarian Lasagne with Warm Baguette Slice	Cheese & Tomato Pizza served with Chips
Jacket/Pasta	Jacket with Cheese	Vegetable & Tomato Pasta Bake	Vegetable & Tomato Pasta Bake	Jacket with Tuna Mayo	Jacket with Beans
Sandwich	Cheese Sandwich	Tuna Mayo Wrap	Cheese Sandwich	Tuna Mayo Wrap	Ham Sandwich
Dessert	Shortbread	Jam Sponge Custard	Flapjack	Chocolate Cookie	Fresh Fruit Friday

Available Daily: Water, Seasonal Vegetables and Fresh Fruit

Dessert included in all options (custard is optional)

Week commencing 09/09, 30/09, 21/10, 11/11, 02/12



### Menu Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Ham, Cheese and Tomato Pizza with Diced Potato	Minced Beef Cottage Pie	Roast Chicken served with Roast Potatoes & Gravy	Sausage and Tomato Pasta with Warm Baguette	Fish Fingers served with Chips
Vegetarian	Cheese and Tomato Pizza with Diced Potato	Vegan Mince Cottage Pie	Vegan Quorn Fillet served with Roast Potatoes & Gravy	Vegetable Frittata with Warm Baguette	Vegetable Nuggets Served with Chips
Jacket/Pasta	Vegetable & Tomato Pasta Bake	Jacket with Tuna Mayo	Vegetable & Tomato Pasta Bake	Jacket with Cheese	Jacket with Beans
Sandwich	Cheese Sandwich	Tuna Mayo Wrap	Cheese Sandwich	Tuna Mayo Wrap	Ham Sandwich
Dessert	Brownie	Iced Plain Sponge	Chocolate Shortbread	Flapjack	Fresh Fruit Friday

**Available Daily: Water, Seasonal Vegetables & Fresh Fruit**

**Dessert included in all options (custard is optional)**

**Week commencing 16/09, 07/10, 18/11, 09/12**



#### Food for Life

With this menu we continue with our achievement of Food for Life Bronze

Food for Life Bronze 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](http://foodforlife.org.uk/schools)**

#### Our Menu

School meals do not include fish on the Marine Conservation Society 'Fish to Avoid' list. Only contain British HMC certified assured meat and nut free.

