

# MADE FRESH EVERY DAY

## WEEK 1:

30<sup>th</sup> OCT, 20<sup>th</sup> NOV, 11<sup>th</sup> DEC, 1<sup>st</sup> JAN,  
22<sup>nd</sup> JAN, 12<sup>th</sup> FEB, 5<sup>th</sup> MAR, 26<sup>th</sup> MAR

### Meat Free Monday

Sweetcorn & Pepper Pizza (G,MK) with Potato Wedges V  
Macaroni Cheese (G,MK) V  
Carrots & Peas V

Jacket Potato with Baked Beans, Tuna (F) Mayonnaise (E) or Grated Cheese (MK)  
Apple Crumble (G,mk) with Custard (MK) V  
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

### Tuesday

Hoisin Chicken with Spaghetti Noodles (G,SO,c,mu)  
Halal Hoisin Chicken with Spaghetti Noodles (G,SO,c,mu)  
Hoisin Vegetables with Spaghetti Noodles (G,SO,c,mu) V  
Green Beans & Cauliflower V  
Pasta (G) with Tomato Sauce (g) & Grated Cheese (MK) V  
Fruit Jelly V  
Fresh Fruit Platter, Chocolate Mousse (SO,MK) V

### Wednesday

Roast Chicken & Stuffing (G) with Roast Potatoes  
Halal Roast Chicken & Stuffing (G) with Roast Potatoes  
Vegetable Loaf & Trimmings (G,E,SO,se) with Roast Potatoes V  
Seasonal Vegetables V

Jacket Potato with Baked Beans, Tuna (F) Mayonnaise (E) or Grated Cheese (MK)  
Chocolate Sponge (G,E,mk) with Chocolate Sauce (MK) V  
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

### Thursday

Beef & Vegetable Pie (G,E,mk) with Mashed Potato (MK) & Gravy  
Halal Beef & Vegetable Pie (G,E,mk) with Mashed Potato (MK) & Gravy  
Vegetarian Pie (G,E,SO,MK) with Mashed Potato (MK) & Gravy V  
Carrots & Sweetcorn V

Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) V  
Jam Sponge (G,E,mk,SU) with Custard (MK) V  
Fresh Fruit Platter, Strawberry Mousse (SO,MK) V

### Friday

 Fish Fingers (G,F) with Chips  
Vegetarian Burger (G,E,SE) with Chips V  
Baked Beans & Garden Peas V

Pasta (G) with Tomato Sauce (g) & Grated Cheese (MK) V  
Cherry Flapjack (G,mk,SU) V  
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

## WEEK 2:

6<sup>th</sup> NOV, 27<sup>th</sup> NOV, 18<sup>th</sup> DEC, 8<sup>th</sup> JAN,  
29<sup>th</sup> JAN, 19<sup>th</sup> FEB, 12<sup>th</sup> MAR

### Meat Free Monday

Sweet Pepper Pizza (G,MK) with Potato Wedges V  
Baked Vegetable Lasagne (G,MK) with Potato Wedges V  
Carrots & Savoy Cabbage V

Jacket Potato with Baked Beans, Tuna (F) Mayonnaise (E) or Grated Cheese (MK)  
Apple Pie (G,mk) with Custard (MK) V  
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

### Tuesday

Mild Chicken Korma (g,SO,MK) with Rice  
Halal Mild Chicken Korma (g,SO,MK) with Rice  
Sweet Potato & Chickpea Korma (g,MK) with Rice V  
Garden Peas V  
Pasta (G) with Tomato Sauce (g) & Grated Cheese (MK) V  
Fruit Jelly V  
Fresh Fruit Platter, Chocolate Mousse (SO,MK) V

### Wednesday

Roast Beef & Yorkshire Pudding (G,E,MK) with Roast Potatoes  
Halal Roast Beef & Yorkshire Pudding (G,E,MK) with Roast Potatoes  
Leek & Potato Bake (MK) V  
Seasonal Vegetables V

Jacket Potato with Baked Beans, Salmon(F) Mayonnaise(E) or Grated Cheese(MK)  
Apple Crumb Cake (G,E,mk) with Custard (MK) V  
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

### Thursday

Cottage Pie with Gravy (MK)  
Halal Cottage Pie with Gravy (MK)  
Cottage Pie with Gravy (G,SO,MK) V  
Cauliflower & Sweetcorn V  
Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) V  
Sticky Toffee Pudding (G,E,MK) with Custard (MK) V  
Fresh Fruit Platter, Strawberry Mousse (SO,MK) V

### Friday

 Battered Fish (G,F) with Chips  
Falafel Wrap & Minted Yoghurt (G,E,MK) with Chips V  
Baked Beans & Garden Peas V

Pasta (G) with Tomato Sauce (g) & Grated Cheese (MK) V  
Shortbread (G,mk) V  
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

## Meat Free Monday

Meat Free Monday is a great way to improve health and well being by naturally increasing your vitamin and mineral intake. One day a week can make a real difference - [www.schoolfoodplan.com](http://www.schoolfoodplan.com)

## WEEK 3:

13<sup>th</sup> NOV, 4<sup>th</sup> DEC, 25<sup>th</sup> DEC, 15<sup>th</sup> JAN,  
5<sup>th</sup> FEB, 26<sup>th</sup> FEB, 19<sup>th</sup> MAR

### Meat Free Monday

Cheese & Tomato Pizza (G,MK) with Potato Wedges V  
Spaghetti (G) Bolognese (G,SO) V  
Carrots & Sweetcorn V

Jacket Potato with Baked Beans, Tuna (F) Mayonnaise (E) or Grated Cheese (MK)  
Rhubarb & Pear Crumble (G,mk) with Custard (MK) V  
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

### Tuesday

Stir Fried Chicken with Rice (G,SO)  
Halal Stir Fried Chicken with Rice (G,SO)  
Stir Fried Vegetables with Rice (G,SO) V  
Green Beans & Cauliflower V  
Pasta (G) with Tomato Sauce (g) & Grated Cheese (MK) V  
Fruit Jelly V  
Fresh Fruit Platter, Chocolate Mousse (SO,MK) V

### Wednesday

Roast Turkey & Stuffing (G) with Roast Potatoes  
Halal Roast Turkey & Stuffing (G) with Roast Potatoes  
Bean Hot Pot V  
Seasonal Vegetables V

Jacket Potato with Baked Beans, Tuna (F) Mayonnaise (E) or Grated Cheese (MK)  
Chocolate Sponge (G,E,mk) with Chocolate Sauce (MK) V  
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

### Thursday

Sausages with Mashed Potato & Onion Gravy in a Yorkshire Pudding (G,E,SO,MK,SU)  
Halal Sausages with Mashed Potato & Onion Gravy in a Yorkshire Pudding (G,E,SO,MK,SU)  
Sausages with Mashed Potato & Onion Gravy in a Yorkshire Pudding (G,E,SO,MK,SU) V  
Broccoli & Cabbage V  
Pasta (G) with Tomato & Basil Sauce (g) & Grated Cheese (MK) V  
Lemon Cake (G,E,mk,SU) with Custard (MK) V  
Fresh Fruit Platter, Strawberry Mousse (SO,MK) V

### Friday

 Fish Fingers (G,F) with Chips  
Chickpea Burger (G,E,SO,SE,SU) with Chips V  
Baked Beans & Garden Peas V

Pasta (G) with Tomato Sauce (g) & Grated Cheese (MK) V  
Fruit Flapjack (G,mk,SU) V  
Fresh Fruit Platter, Fresh Yoghurt (SO,MK) V

## ALLERGEN KEY:

CELERY AND CELERIAC (C), CRUSTACEANS/SHELLFISH (CR), EGGS (E), FISH (F), GLUTEN (G), LUPIN (L), MILK (MK), MOLLUSCS (MO), MUSTARD (MU), OTHER NUTS (N), PEANUTS (P), SESAME SEEDS (SE), SOYA AND SOYA PRODUCTS (SO), SULPHITES (SU)  
MAY CONTAINS ARE SPECIFIED BY lower case letters.  
V - SUITABLE FOR VEGETARIANS