

School Lunch Menu: Autumn 2019/20

Wk 1

2 & 23 Sept,
14 Oct, 11 Nov,
2 Dec, 6 & 27 Jan







Monday

Mild Chicken Curry with Rice  
or
Tomato and Herb Pasta Shells     (available)
Side dishes
Herby Diced Potatoes Red 'Slaw'
Dessert of the day
Jelly Pot 




Tuesday

Shepherd's Pie  
or
Vegetable Noodles with Sticky Sauce    
Side dishes
Fresh Salad Bar
Dessert of the day
Beetroot Chocolate Brownie Bite  

Wednesday

Farm Assured Roast Pork  
or
Roast Quorn
Side dishes
Roast Potatoes, Carrots and Peas Allergen Free Gravy  
Dessert of the day
Frozen Smoothie Pot  

Thursday

Spaghetti Bolognese with Garlic Bread
or
Baked Bean and Cheese Slice  
Side dishes
Jacket Wedges and Salad Bar
Dessert of the day
Fruity Carrot Slice  




Friday

Battered Fish Fillet (available)
or
Veggie Hot Dog 
Side dishes
Chipped Potatoes and Baked Beans or Peas
Dessert of the day
Organic Yeo Valley Yogurt Pot 






Wk 2

9 & 30 Sept, 21 Oct,
18 Nov, 9 Dec,
1 Jan, 3 Feb






Monday

WMAT Sausages x2 
or
Vegetable Kiev 
Side dishes
Mashed Potato, Garden Peas Allergen Free Gravy
Dessert of the day
Melon Wedges  





Tuesday

Turkey Meatballs in a Rich Tomato Sauce 
or
Cheese and Onion Tart  
Side dishes
Pasta Spirals or New Potatoes
Fresh Salad Bar
Dessert of the day
Reduced Sugar Angel Delight  



Wednesday

Farm Assured Roast Beef  
or
Yorkshire Pudding
Quorn Sausages x2  
Side dishes
Roast Potatoes, Cabbage and Carrots with Allergen Free Gravy
Dessert of the day
Artic Roll 

Thursday

Oven Baked Chicken Strips with 'Ketchup'
or
Vegetable Korma with Rice  
Side dishes
Sauté Potatoes and Sweetcorn
Dessert of the day
Banana Muffin  

Friday

Golden MSC Fish Fingers (available)
or
Crisp Oven Baked Vegetable Nuggets 
Side dishes
Chipped Potatoes
Baked Beans or Peas
Dessert of the day
Organic Yeo Valley Yogurt Pot 







Wk 3

16 Sept, 7 Oct,
4 & 25 Nov, 16 Dec,
20 Jan, 10 Feb

Monday

Chinese Style Sweet and Sour Pork  
or
Macaroni Cheese  
Side dishes
Fresh Salad Bar
Dessert of the day
Homemade Biscuit  


Tuesday

Homemade Ham and Pineapple Pizza Slice  
or
Bean and Vegetable Stuffed Jacket Boats  
Side dishes
Corn on the Cob, Herby Diced Potatoes and Salad
Dessert of the day
Chocolate and Orange 'Mousse'  






Wednesday

Farm Assured Roast Chicken  
or
Quorn Garlic Escalope 
Side dishes
Roast Potatoes, Broccoli and Carrots Allergen Free Gravy
Dessert of the day
Frozen Toffee Yogurt  

Thursday

Beef Chilli  
or
Baked Gnocchi in a Tomato Sauce 
Side dishes
Mixed Seasonal Vegetables and Rice
Dessert of the day
Peach Cake and Custard  

Friday

Homemade Fish Pie with MSC Salmon, Haddock and Cod  
or
Golden MSC Fish Fingers
or
Cheesy Scotch Egg  
Side dishes
Chipped Potatoes and Baked Beans or Peas
Dessert of the day
Organic Yeo Valley Yogurt Pot 

 Vegetarian  Dairy free
 Home-made  Gluten free

Available Daily; Unlimited salad bar with a variety of salads including Greek salad, coleslaw, tomatoes, cucumber, carrot and sultana, pasta salad and potato salads.
We do a range of wholemeal, white & homemade breads. Drink of the day (water or milk) and fresh fruit available daily.
*Our fish is sustainable and MSC certified (Marine Stewardship Council). All our eggs are free-range and our meat is farm-assured as a minimum standard.