

EAT SMART FOR A HEALTHY START!

WEEK 1 MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|----------------------------------------|--------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------|------------------------------------------------------------|
| Option 1 | Baked sausages with mashed potato | Chicken curry and rice Served with naan bread | Roast chicken and stuffing with oven roasted garlic and herb potatoes | Minced beef pie served with boiled potatoes | Salmon nugget or salmon finger and fish fingers with chips |
| Option 2 | Pasta bolognaise with crusty bread (V) | Homemade pizza (V) With oven roasted wedges | Omelettes with oven roasted potatoes(V) | Tomato Wholegrain Pasta bake and garlic bread (V) | Quorn Cottage Pie (V) |
| Sides | Selection of seasonal vegetables | Selection of seasonal vegetables | Selection of seasonal vegetables | | Selection of seasonal vegetables |
| Dessert | Apple sponge and custard | Bakewell tart and custard | Peach Flapjack | Ice cream with fruit compote OR fruit jelly's | Feathered sponge and custard |

ALSO AVAILABLE DAILY:



- * Jacket potato with a choice of cheese, tuna mayo or simply plain
- Fresh Salad
- Sandwiches or Wraps
- Cheese & Crackers
- Fresh Fruit
- Sliced Bread
- Fruit jelly

Menu Dates

6th Jan 2025 27th Jan 2025 17th Feb 2025 03rd March 2025 24th March 2025 28th April 2025 19th May 2025 16th June 2025 7th July 2025 1st Sept 2025 22nd Sept 2025 13th Oct 2025 10th Nov 2025 1st Dec 2025 All the menu options are catered for religious and special dietary requirements, please speak to the school to arrange to meet with our team to make the relevant adjustments if your child requires this.



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WEEK 2 MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|------------------------------------------------|-----------------------------------------------|----------------------------------------------|-----------------------------------------------------------|---------------------------------------------------|
| Option 1 | Chicken Alfredo | Homemade Cottage pie | Toad in the hole served with mashed potato | Minced beef and Dumplings served with mashed potato | Battered fish or Fish portion and chips |
| Option 2 | Pizza wrap (V) served with oven roasted wedges | Quorn burger In a bun (V) with roast potatoes | Macaroni cheese served with crusty bread (V) | served with naan bread | Cheese and Tomato crustless Quiche (V) with chips |
| Sides | Selection of seasonal vegetables | Selection of seasonal vegetables | Selection of seasonal vegetables | | Selection of seasonal vegetables |
| Dessert | Steamed eves pudding and custard | Jam shortbread fingers | Beetroot chocolate brownie | Pear crumble and custard | Homemade biscuits |

ALSO AVAILABLE



* Jacket potato with a choice of cheese, tuna mayo or simply plain

- Fresh salad
- Sandwiches or Wraps
- Cheese & Crackers
- Fresh Fruit
- Sliced Bread
- Fruit Jelly

Menu dates

13th Jan 2025 3rd Feb 2025 10th March 2025 31st March 2025 5th May 2025 2nd June 2025 23rd June 2025 14th July 2025 8th Sept 2025 29th Sept 2025 20th Oct 2025 17th Nov 2025 8th Dec 2025 All the menu options are catered for religious and special dietary requirements, please speak to the school to arrange to meet with our team to make the relevant adjustments if your child requires this.



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WEEK 3 MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|------------------------------------------------------------|-------------------------------------------------------|-------------------------------------------|--------------------------------------|--------------------------------------------------------------------------|
| Option 1 | Pasta beef bolognaise with garlic bread | Chicken and vegetable pie served with boiled potatoes | Roast chicken in gravy with mashed potato | | Fish portion, fish fingers served with chips |
| Option 2 | Homemade Cheese pasty or roll with mashed potato (V) | Chilli con carne and rice (V) | Lasagne and crusty bread (V) | noodles (V) | Wholegrain Tomato and basil pasta bake served with garlic bread |
| Sides | Selection of seasonal vegetables | Selection of seasonal vegetables | Selection of seasonal vegetables | | Selection of seasonal vegetables |
| Dessert | Fruit sponge and custard | Fruit cheese cake | Apple and banana cake | Steamed chocolate sponge and custard | Apple oaty Flapjack |

ALSO AVAILABLE DAILY:

- * Jacket potato with a choice of cheese, tuna mayo or simply plain
- Salad Bar
- Sandwiches or Wraps
- Cheese & Crackers
- Fresh Fruit
- Bread
- Fruit Jelly

Menu Dates

20th Jan 2025 10th Feb 2025 17thMarch 2025 7th April 2025 12th May 2025 9th June 2025 30th June 2025 21st July 2025 15th Sep 2025 6th Oct 2025 3rd Nov 2025 24th Nov 2025 15th Dec 2025

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