

**Week One**

|                        | Monday                                | Tuesday <i>new</i>  | Wednesday                                 | Thursday <i>new</i>                                      | Friday                           |
|------------------------|---------------------------------------|---|---|--|----------------------------------|
| <b>Option 1</b>        | (v) Margherita Pizza with Pasta Salad | <b>Mexican Beef and Baked Bean Chilli with Steamed Rice</b> | Roast Chicken with Stuffing               | <b>BBQ Chicken in a Tortilla Wrap with Potato Wedges</b> | Breaded Fish Fingers             |
| <b>Option 2 (v)</b>    | Vegemince Curry with Steamed Rice     | Cheesy Pasta  | Quorn Fillet with Stuffing                | <b>Vegemince Lasagne</b> <i>new</i>                      | Garden Vegetable Goujons         |
| <b>Served with</b>     | Sweetcorn                             | Vegetable Medley  | Roast Potatoes Carrots, Cabbage and Gravy | Rainbow Salad  | Chips Garden Peas or Baked Beans |
| <b>And for Pudding</b> | Jambuster Muffin                      | Cocoa Shortbread  | Oaty Apple Crunch with Custard            | Jelly with Fruit   | Fresh Fruit Selection            |

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week One: 1 Nov / 22 Nov / 13 Dec / 17 Jan / 7 Feb / 7 Mar / 28 Mar

**Week Two**

|                        | Monday  | Tuesday                                      | Wednesday                                      | Thursday   | Friday                           |
|------------------------|---|--|--|--|----------------------------------|
| <b>Option 1</b>        | Breaded Chicken with Curry Dip and Savoury Rice                   | (v) Margherita Pizza with Pasta Salad        | Sausages with Yorkshire Pudding                | Beef Bolognese with Pasta                                      | Breaded Fish Fingers             |
| <b>Option 2 (v)</b>    | <b>BBQ Quorn in a Tortilla Wrap with Potato Wedges</b> <i>new</i> | Mexican Veggie Bean Chilli with Steamed Rice | Vegetarian Sausage with Yorkshire Pudding      | <b>Potato, Broccoli and Cauliflower Cheese Bake</b> <i>new</i> | Vegetarian Enchilada             |
| <b>Served with</b>     | Crunchy Vegetable Sticks  | Sweetcorn                                    | Mashed Potatoes Carrots, Green Beans and Gravy | Vegetable Medley   | Chips Garden Peas or Baked Beans |
| <b>And for Pudding</b> | Flapjack with Apple Wedges  | Fresh Fruit Selection                        | Pear and Ginger Sponge with Custard            | Cornflake Tart   | Lemon Cupcake                    |

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week Two: 8 Nov / 29 Nov / 3 Jan / 24 Jan / 21 Feb / 14 Mar

**Week Three**

|                        | Monday  | Tuesday                                       | Wednesday                             | Thursday                       | Friday                                 |
|------------------------|---|---|---------------------------------------|--------------------------------|--|
| <b>Option 1</b>        | (v) Margherita Pizza with Potato Wedges         | Sweet and Sour Chicken with Steamed Rice      | Roast Chicken with Stuffing and Gravy | Cottage Pie                    | Breaded Fish Fingers or Salmon Fingers |
| <b>Option 2 (v)</b>    | Sweet Potato and Lentil Curry with Steamed Rice | <b>Quorn and Tomato Pasta Bake</b> <i>new</i> | Veggie Balls with Gravy               | Italian Bean Bake              | Cheese and Tomato Quiche               |
| <b>Served with</b>     | Crunchy Vegetable Sticks                        | Broccoli and Sweetcorn                        | Roast Potatoes and Vegetable Medley   | Garden Peas and Carrots        | Chips Garden Peas or Baked Beans       |
| <b>And for Pudding</b> | Ice Cream Tub                                   | Chewy Krispie Bar with Orange Wedges          | Fresh Fruit Selection                 | Cocoa Pudding with Cocoa Sauce | Autumn Feast Muffin                    |

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week Three: 15 Nov / 6 Dec / 10 Jan / 31 Jan / 28 Feb / 21 Mar

# Packed Lunch Menu

## Week One

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| Cheese <b>or</b> Ham Sandwich<br>Carrot Batons<br>Sultanas<br>Orange Wedges<br>Jambuster Muffin | Cheese <b>or</b> Ham Sandwich<br>Cucumber Sticks<br>Pizza Finger<br>Melon Wedge<br>Cocoa Shortbread | Cheese <b>or</b> Ham Sandwich<br>Cucumber Sticks<br>Sultanas<br>Fresh Fruit Portion<br>Flapjack | Cheese <b>or</b> Ham Sandwich<br>Carrot Batons<br>Cheese Bar<br>Orange Wedges<br>Jelly with Fruit | Cheese <b>or</b> Ham Roll<br>Carrot Batons<br>Sultanas<br>Fresh Fruit Portion<br>Fruit Yoghurt |

Week One: 1 Nov/ 22 Nov/ 13 Dec/ 17 Jan/ 7 Feb/ 7 Mar/ 28 Mar

## Week Two

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| Cheese <b>or</b> Ham Sandwich<br>Carrot Batons<br>Sultanas<br>Apple Wedges<br>Flapjack | Cheese <b>or</b> Ham Sandwich<br>Cucumber Sticks<br>Cheese Bar<br>Fresh Fruit Portion<br>Yoghurt | Cheese <b>or</b> Ham Sandwich<br>Cucumber Sticks<br>Pizza Finger<br>Fresh Fruit Portion<br>Pear and Ginger Sponge | Cheese <b>or</b> Ham Sandwich<br>Carrot Batons<br>Sultanas<br>Orange Wedges<br>Cornflake Tart | Cheese <b>or</b> Ham Sandwich<br>Cucumber Sticks<br>Sultanas<br>Fresh Fruit Portion<br>Lemon Cupcake |

Week Two: 8 Nov/ 29 Nov/ 3 Jan/ 24 Jan/ 21 Feb/ 14 Mar

## Week Three

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| Cheese <b>or</b> Ham Sandwich<br>Carrot Batons<br>Sultanas<br>Fresh Fruit Portion<br>Ice Cream Tub | Cheese <b>or</b> Ham Sandwich<br>Cucumber Sticks<br>Pizza Finger<br>Fresh Fruit Portion<br>Chewy Krispie Bar | Cheese <b>or</b> Ham Sandwich<br>Cucumber Sticks<br>Cheese Bar<br>Apple Wedges<br>Yoghurt | Cheese <b>or</b> Ham Sandwich<br>Carrot Batons<br>Sultanas<br>Orange Wedges<br>Cocoa Sponge Cake | Cheese <b>or</b> Ham Sandwich<br>Cucumber Sticks<br>Sultanas<br>Fresh Fruit Portion<br>Autumn Feast Muffin |

Week Three: 15 Nov/ 6 Dec/ 10 Jan/ 31 Jan/ 28 Feb/ 21 Mar