



MENU

Desserts containing sugar are only available for year 1 only

Week 1

MONDAY

CHICKEN OR VEGGIE NOODLES

prawn crackers
Sweetcorn
Broccoli

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Apple crumble & custard
Selection of yoghurts & jellies
Fresh pineapple pot

TUESDAY

TURKEY & ROOT VEGETABLE RAGU OR LENTIL RAGU WITH WHOLEWHEAT PENNE PASTA

Garlic bread
Fresh peas
Cauliflower

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Fruity flapjack
Selection of yoghurts & jellies
Fresh pineapple pot

WEDNESDAY

ROAST BREAST OF CHICKEN OR VEGGIE CRUMBLE

Yorkshire pudding
Roast potatoes
Sliced carrots
Green beans Gravy

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Chocolate cake
strawberry sauce
Selection of yoghurts & jellies
Fresh pineapple pot

THURSDAY

PORK STROGANOFF WITH SOUR CREAM OR CHICKPEA & SPINACH CURRY

50/50 rice
Green beans & spinach

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Vanilla ice cream
Selection of yoghurts & jellies
Fresh pineapple pot

FRIDAY

BREADED FISH FINGERS OR QUORN FISHLESS FINGERS

Fries
Baked beans
Mushy peas

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Rocky road
Selection of yoghurts & jellies
Fresh pineapple pot

Table nutrition in containers on each sitting - baton carrots, baton cucumber, sweetcorn
Please ask for - extra grated cheese, boiled eggs, salads



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Week 2

MONDAY

LAMB OR LENTIL VEGGIE COTTAGE PIE

Sweet potato mash
Diced carrot & swede
Gravy

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Pear & chocolate
crumble & custard
Selection of yoghurts
& jellies
Fresh pineapple pot

TUESDAY

CHICKEN OR VEGGIE FAJITAS

Sauteed peppers &
onions
Sweetcorn
Herby diced potatoes

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Banoffee cake
Selection of yoghurts
& jellies
Fresh pineapple pot

WEDNESDAY

ROAST PORK LOIN OR QUORN ROAST

Yorkshire pudding
Roast potatoes
Broccoli
Sliced carrots Gravy

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Cookie
Selection of yoghurts
& jellies
Fresh pineapple pot

THURSDAY

BEEF OR VEGETABLE LASAGNE

Garlic bread
Steamed courgettes
Diced carrots

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Cherry vanilla slice
Selection of yoghurts
& jellies
Fresh pineapple pot

FRIDAY

BREADED FISH FINGERS OR QUORN FISHLESS FINGERS

Fries
Baked beans
Mushy peas

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Choc chip shortbread
Selection of yoghurts
& jellies
Fresh pineapple pot

Table nutrition in containers on each sitting - baton carrots, baton cucumber, sweetcorn
Please ask for - extra grated cheese, boiled eggs, salads



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Week 3

MONDAY

**BAKED BEEF OR VEGE
MEATBALLS TOMATO SAUCE**

50/50 pasta
Sliced carrots
Cauliflower

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Cinnamon apple crumble
& custard
Selection of yoghurts
& jellies
Fresh pineapple pot

TUESDAY

**SALMON FISHCAKES OR
MUSHROOM STROGANOFF**

Garden peas
Sweetcorn
New potatoes

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Blueberry muffin
Selection of yoghurts
& jellies
Fresh pineapple pot

WEDNESDAY

**GLAZED GAMMON OR QUORN
SAUSAGES**

Yorkshire pudding
Roast potatoes
Broccoli
Green beans Gravy

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Toffee cake slice
Selection of yoghurts
& jellies
Fresh pineapple pot

THURSDAY

**KATSU CHICKEN OR
VEGETABLE CURRY**

Mini naan
50/50 rice
Mixed veggies

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Chocolate rice crispy
cake
Selection of yoghurts
& jellies
Fresh pineapple pot

FRIDAY

**BREADED FISH FINGERS OR
QUORN FISHLESS FINGERS**

Fries
Baked beans
Mushy peas

BAKED POTATO

Baked beans tuna mayo
Cheddar cheese

FRESH PASTA

Tomato sauce & cheese

SANDWICHES

50% whole grain
Tuna mayo, ham or cheddar

Dessert

Raspberry tray bake
Selection of yoghurts
& jellies
Fresh pineapple pot

Table nutrition in containers on each sitting - baton carrots, baton cucumber, sweetcorn
Please ask for - extra grated cheese, boiled eggs, salads