

Week 1

Monday

- Option 1 Macaroni Cheese & Crusty Bread
- Option 2 Vegetable Crumble (V)
- Option 3 Beans on Toast
- Option 4 Jacket Potato & Tuna
seasonal Veg
- Banana & Custard & fruit or yogurt

Tuesday

- Option 1 Cottage Pie
- Option 2 Cheese Toastie (V)
- Option 3 Tuna Wrap
- Option 4 Jacket Potato with Cheese & Sweetcorn
Saute Potatoes, Mixed Vegetables
- Fruity Jelly & Biscuit, fresh fruit or yogurt

Wednesday

- Option 1 Roast Pork
- Option 2 Vegetable Tart (V)
- Option 3 Choc 'o' Block Chicken Wrap
- Option 4 Jacket Potato & Cheese
Roast & Creamed Potato, Carrots, Broccoli
- Ice Cream & Fruitcocktail, fresh fruit or yogurt

Thursday

- Option 1 Chicken Burger
- Option 2 Roast Veg Pasta (V)
- Option 3 Cheese & Cucumber Roll
- Option 4 Jacket Potato & Beans
Crispy Wedges & Veg Sticks
- Cheese & Biscuits, fresh fruit or yogurt

Friday

- Option 1 Fish Cod Bites
- Option 2 Vegetable Burger (V)
- Option 3 Marmite Sandwich
- Option 4 Jacket Potato & Cheese
Crispy Chips, Farmhouse Veg
- Iced Sponge, Fruit Juice, fresh fruit or yogurt

Week 2

Monday

- Option 1 Pasta Bolognaise with Garlic Bread
- Option 2 Ratatouille (V)
- Option 3 Cheese Wrap
- Option 4 Jacket Potato with Tuna & Sweetcorn
Pasta and Green beans
- Fruity Whip, fresh fruit or yog

Tuesday

- Option 1 Homemade Sausage Roll
- Option 2 Vegetable Chilli (V)
- Option 3 Tuna Sandwich
- Option 4 Jacket Potato & Spicy Chicken
Creamed Potato & Spaghetti Hoops
- Flapjack, fresh fruit or yogurt

Wednesday

- Option 1 Roast Chicken & Stuffing
- Option 2 Fish Finger Roll (V)
- Option 3 Ham & Lettuce Sandwich
- Option 4 Jacket Potato & Cheese
Roast & Creamed Potato, Carrots & Broccoli. Gravy
- Ice cream, Sponge Roll, fresh fruit or yogurt

Thursday

- Option 1 "All Day Breakfast"
- Option 2 Sweet Potato & Lentil Curry (V)
- Option 3 Cheese & Tomato Sandwich
- Option 4 Jacket Potato & Beans
- Carrot Cake & Fruit Juice, fresh fruit or yogurt

Friday

- Option 1 Breaded Fish
- Option 2 Salmon Nuggets
- Option 3 Egg & Mayo Roll (V)
- Option 4 Jacket Potato & Cheese
Crispy Chips, Farmhouse Veg
- Doughnut & Milkshake, fresh Fruit or yogurt

Week 3

Monday

- Option 1 Cheese & Tomato Pasta Bake
- Option 2 Veggie Sausage (V)
- Option 3 Tuna & Lettuce Roll
- Option 4 Jacket Potato & Egg Mayo
Garlic Bread & Seasonal Veg
- Rice Pudding, Fresh fruit or yogurt

Tuesday

- Option 1 Smokey Joe's Chicken
- Option 2 Quorn Stir Fry (V)
- Option 3 Beans on Toast
- Option 4 Jacket Potato & Tuna
Pasta, Peas & Sweetcorn
- Banana Cake, fruit or yogurt

Wednesday

- Option 1 Oven Baked Sausage & Yorkshire Pudding
- Option 2 Lentil Loaf (V)
- Option 3 Roast Vegetable Wrap
- Option 4 Jacket Potato & Cheese
Roast Potatoes, & Farmhouse Veg
- Frozen Yogurt, Fresh fruit, or yogurt

Thursday

- Option 1 "Homemade" Pizza Margarita
- Option 2 Pasta with Tomato and Pesto (V)
- Option 3 Ham Sandwich
- Option 4 Jacket Potato with Chicken & Sweetcorn
with Crispy Wedges & Garden Peas
- Melon & Grape Medley & Fruit Juice, fresh fruit or

Friday

- Option 1 Cod Fish Fingers
- Option 2 Noodle Stir Fry (V)
- Option 3 Jam Sandwich (V)
- Option 4 Jacket Potato & Cheese
Crispy Chips, Farmhouse Veg
- Chocolate Eclair, fresh fruit or yogurt

October 2018

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2018

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2018

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

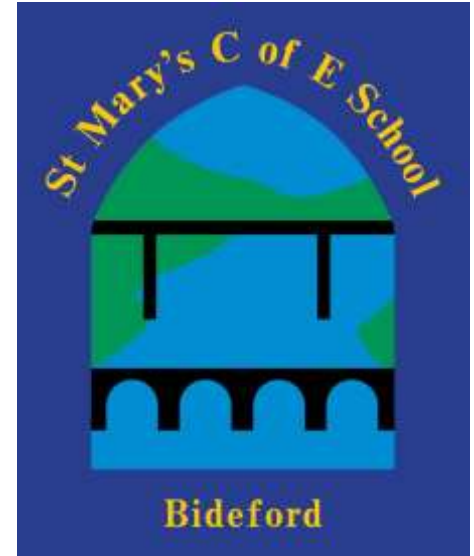
NB. Wednesday 19th December is the whole school Christmas dinner, The normal menu will not apply on this day. Also on 20th December there will be a change to option 1 of Crispy chicken bites with chips and peas



"The Big Zero" available daily as a dessert choice
 75% Fruit juice
 No artificial colours, Natural flavour
 No added sugar
 1 cup counts as 1 of your "5 a day"
ALSO AVAILABLE FOR SALE - 50P



Wherever possible we use red tractor assured locally sourced ingredients



Dinner Menu

Autumn Term
(second half)

