

Menu Cycle Spring Term Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Turkey Meatballs	Pizza (Selection of toppings)	Beef and Potato Pie	Chicken braised in tomato sauce with pepper and onion	Fish Fingers
Vegetarian Meals	Quorn Meatballs	Vegetarian Pizza	Veggie Pie	Quorn braised in tomato sauce with pepper and onion	Vegetable Cannelloni
Vegetable Selection	Two Fresh Vegetables Provided Daily According to Availability Peas and Sweetcorn Frozen.				
Potato Selection/ Bread	Pasta	Sweet Potato Wedges	Mash Potato	Rice	Chips
Sweet Selection	Frozen Yoghurt	Date Slice with Custard	Chocolate Sponge with Chocolate Custard	Shortbread	Fruit Muffin with Cream Cheese Frosting

Menu Cycle Draft Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Macaroni Cheese with Tuna and Peppers	Meat Plait	Sweet and Sour Chicken	Beef Burger in a Roll (95% Beef)	Baked Fish Cake with parsley sauce
Vegetarian Meals	Cheese and Leek Bake	Vegetable plait	Sweet and Sour Quorn	Vegetable Burger in a Roll	Veggie Bakes
Vegetable Selection	Two Fresh Vegetables Provided Daily According to Availability Peas and Sweetcorn Frozen. Baked Beans only with Jacket Potato				
Potato/ Bread Selection		Croquettes	Rice	Chips	New Potatoes
Sweet Selection	Ice Cream	Apple Sponge and Custard	Fruit	Flapjacks	Bakewell Tart and Custard

Menu Cycle Draft Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Turkey and Ham Pie	Butchers Sausages	Gammon and Pineapple	Barbeque Pork	Baked Fish
Vegetarian Meals	Veggie Pie	Vegetable Sausage	Cheese and Broccoli Quiche	Barbeque Quorn	Cauliflower Cheese with Quorn
Vegetable Selection	Two Fresh Vegetables Provided Daily According to Availability Peas and Sweetcorn Frozen. Baked Beans only with Jacket Potato				
Potato/ Bread Selection	Gratin Potato	Mashed Potatoes	New Potatoes	Rice	Charlotte potatoes
Sweet Selection	Fruit	Banana Bread	Fruit Crumble and Custard	Lemon Iced Sponge	Cornflake Tart and Custard

Daily Items on the Menu (These options will vary due to availability)

	Monday	Tuesday	Wednesday	Thursday	Friday
Salad Bar	Lettuce Tomato Cucumber Grated Carrot Sweetcorn Coleslaw Beetroot Pineapple	Lettuce Tomato Cucumber Grated Carrot Sweetcorn Coleslaw Beetroot Pineapple	Lettuce Tomato Cucumber Grated Carrot Sweetcorn Coleslaw Beetroot Pineapple	Lettuce Tomato Cucumber Grated Carrot Sweetcorn Coleslaw Beetroot Pineapple	Lettuce Tomato Cucumber Grated Carrot Sweetcorn Coleslaw Beetroot Pineapple
Jacket Potatoes	Baked Jacket Potatoes with two fillings daily <ul style="list-style-type: none"> - Beans - Tuna - Cheese 				
Grab Bags	Includes: Wrap filled, drink, fruit, vegetable snack and a cookie - to order				
Fill yourself Roll/Baguette	Baguette/roll: Cut without filling From the Salad Bar pupils can decide the following with guidance <ul style="list-style-type: none"> - Choice of protein i.e. ham ,egg, tuna, cheese (X2) - Salad of choice 				