

## Menu Cycle Autumn Term Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meals</b>	Turkey Meatballs	Pizza (Selection of toppings)	Turkey and Ham Pie	Chinese Chicken	Fish Fingers
<b>Vegetarian Meals</b>	Quorn Meatballs	Vegetarian Pizza	Veggie Pie	Vegetable chow mein	Vegetable Cannelloni
<b>Vegetable Selection</b>	Two Fresh Vegetables Provided Daily According to Availability Peas and Sweetcorn Frozen.				
<b>Potato Selection/ Bread</b>	Pasta	Sweet Potato Wedges	New Potatoes	Rice	Chips
<b>Sweet Selection</b>	Frozen Sorbet	Date Slice with Custard	Chocolate Cake and Custard	Shortbread	Fruit and Yoghurt

## Menu Cycle Draft Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Chicken and Bacon Pasta Bake	Meat Plait	Chilli	Beef Burger in a Roll (95% Beef)	Fishcake Stars with parsley sauce
Vegetarian Meals	Cheese and Leek Pasta Bake	Vegetable plait	Quorn Chilli	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	Fruit	Apple Sponge and Custard	Fruit Tart with low fat cream	Flapjacks	Carrot Cake with frosting

## .Menu Cycle Draft Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Bolognese	Butchers Sausages	Chicken Curry	Chicken Burger in a Roll	Baked Fish
Vegetarian Meals	Quorn Bolognese	Vegetable Sausage	Quorn Curry	Veggie Burger in a Roll	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	Pasta	Mashed Potatoes	Rice	Sweet Potato Wedges	Lattice Potato
Sweet Selection	Ice Cream	Oaty Cookies	Fruit Crumble and Custard	Lemon Iced Sponge	Rice Crispie Cakes

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Salad Bar</b>	Lettuce	Lettuce	Lettuce	Lettuce	Lettuce
	Tomato	Tomato	Tomato	Tomato	Tomato
	Cucumber	Cucumber	Cucumber	Cucumber	Cucumber
	Grated Carrot	Grated Carrot	Grated Carrot	Grated Carrot	Grated Carrot
	Sweetcorn	Sweetcorn	Sweetcorn	Sweetcorn	Sweetcorn
	Coleslaw	Coleslaw	Coleslaw	Coleslaw	Coleslaw
	Beetroot	Beetroot	Beetroot	Beetroot	Beetroot
	Pineapple	Pineapple	Pineapple	Pineapple	Pineapple
<b>Jacket Potatoes</b>	Baked Jacket Potatoes with two fillings daily <ul style="list-style-type: none"> <li>- Beans</li> <li>- Tuna</li> <li>- Cheese</li> </ul>				
<b>Grab Bags</b>	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

- Choice of protein i.e. ham ,egg, tuna, cheese (X2)
- Salad of choice