

# ONE

# TWO

# THREE

AVAILABLE EVERY DAY...

3 Sept, 24 Sept, 15 Oct  
12 Nov, 3 Dec

10 Sept, 1 Oct, 29 Oct  
19 Nov, 10 Dec

12 Sept, 8 Oct, 5 Nov  
26 Nov, 17 Dec

### Sausage Pasta Bake

Quorn Sausage Pasta Bake

Baked Tomatoes & Peas

Wholemeal Apple Crumble & Custard  
Yoghurt / Fresh Fruit Platter

### Chicken Tikka with 50/50 Rice

Vegetable Enchiladas with 50/50 Rice

Roasted Peppers, Onions  
& Green Beans

Breadsticks & Cheese  
Yoghurt / Fresh Fruit Salad

### Roast (as advertised) with Roast Potatoes & Gravy

Vegetable Wellington with  
Roast Potatoes & Gravy

Carrot & Swede Mash

Yoghurt & Fruit Station

### Macaroni Cheese with Garlic Slice

Sweet & Sour Vegetables with Noodles

Sweetcorn & Broccoli

Apple & Raisin Strudel with Custard  
Yoghurt / Fresh Fruit Salad

### MSC Salmon Fishcake / Fish Fingers with Chips

Chickpea Aloo Chaat with 50/50 Rice

Baked Beans & Garden Peas

Carrot & Courgette Cake with Custard  
Yoghurt / Fresh Fruit Platter

### Vegetable Toad in the Hole with New Potatoes

Vegetarian Butterbean Risotto

Baked Tomatoes & Sweetcorn

Eve's Pudding with Custard  
Yoghurt / Fresh Fruit Platter

### Chicken & Broccoli Pasta Bake

Lentil & Sweet Potato Curry with 50 /50  
Rice

Green Beans & Carrots

Cottage Cheese & Crackers  
Yoghurt / Fresh Fruit Chunks

### Roast Turkey with Roast Potatoes & Gravy

Mixed Vegetable Loaf with  
Roast Potatoes & Gravy

Broccoli & Cauliflower

Yoghurt & Fruit Station

### Spaghetti Beef Bolognese

Quorn Mince Bolognese with Spaghetti

Roasted Mixed Vegetables

Oaty Peach Crumble with Custard  
Yoghurt / Fresh Fruit Platter

### MSC Breaded Fish with Chips

Wholemeal Cheese & Tomato  
Quiche with Chips

Baked Beans & Garden Peas

Chocolate & Banana Square  
Yoghurt / Fresh Fruit Salad

### Wholemeal Cheese & Tomato Pizza

Five Bean Chilli with Rice

Sweetcorn & Mixed Peppers

Mandarin Upside Down Cake  
Yoghurt / Fresh Fruit Platter

### Cottage Pie with Gravy

Shepherdess Pie

Green Beans & Glazed Carrots

Rice Pudding with  
Apple & Mixed Berries  
Yoghurt / Fresh Fruit Platter

### Roast Chicken with Roast Potatoes & Gravy

Quorn Roast with  
Roast Potatoes & Gravy

Savoy Cabbage & Cauliflower Florets

Yoghurt & Fruit Station

### Beef Lasagne with Garlic Bread

Soya Mince Lasagne

Broccoli & Tomato Salad

Pear & Chocolate Sponge with Chocolate  
Drizzle  
Yoghurt / Fresh Fruit Platter

### MSC Battered Fish with Chips

Red Pepper Frittata with Chips

Garden Peas & Baked Beans

Cheese, Apple & Biscuits  
Yoghurt / Fresh Fruit Chunks

### Jacket Potatoes

freshly cooked daily where  
advertised with a choice of fillings

### Bread

freshly baked on site daily

### Daily Salad Selection

there will be a selection of salad  
items available daily

### Fresh Fruit & Yoghurt

available daily

Milk

WE USE LOCALLY  
SOURCED INGREDIENTS  
WHEN AVAILABLE  
AND IN SEASON

All our menus are  
nutritionally analysed to  
ensure they meet and in  
most cases exceed  
The School Food Standards  
We hope your child enjoys  
our new menus.

Menus could be subject to  
local change, please check  
your child's school for any  
bespoke changes.



Vegetarian option



Oily fish



Marine Stewardship  
Council details  
Web: [www.msc.org](http://www.msc.org)  
Chain of Custody  
Registration Code  
MSC-C-54995

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY