

ONE

7 Jan, 28 Jan,
25 Feb, 18 March

TWO

14 Jan, 4 Feb,
4 Mar, 25 Mar

THREE

21 Jan, 11 Feb,
11 Mar, 1 Apr

AVAILABLE
EVERY DAY...

MONDAY

Chicken Chow Mein with Noodles
Vegetable & Lentil Wholemeal
Pasta Bake

Sweetcorn & Green Beans

Apple & Strawberry Crumble
with Custard

Natural Flavoured Yoghurt / Fresh Fruit

Chilli Con Carne with 50/50 Rice
Wholemeal Spinach & Tomato Quiche
with New Potatoes

Baked Tomatoes & Peas

Grape, Cheese & Crackers

Natural Flavoured Yoghurt / Fresh Fruit

Roast of the Day with Roast Potatoes
& Gravy

Quorn Roast with Roast Potatoes
& Gravy

Carrot & Swede Mash

Oaty Cookie

Natural Flavoured Yoghurt / Fresh Fruit

Macaroni Cheese

Soya Mince & Vegetable Stir Fry
with Noodles

Sweetcorn & Mixed Peppers

Pineapple Upside Down Cake
with Custard,

Natural Flavoured Yoghurt / Fresh Fruit

MSC Breaded Fish with Chipped
Potatoes & Tomato Sauce
Glamorgan Sausage with
Chipped Potatoes

Baked Beans & Garden Peas

Yoghurt & Fruit Station

Sausage Hot Dogs with Homemade
Tomato Sauce with Fresh Cut
Jacket Wedges
Vegetable & Apricot Tagine
with Couscous

BBQ Mixed Beans & Courgettes

Cocoa Shortbread

Natural Flavoured Yoghurt / Fresh Fruit

Quorn Mince Vegetarian Chilli
with 50/50 Rice
Lentil & Vegetable Curry
with 50/50 Rice

Broccoli & Sliced Carrots

Pear Sponge & Custard,

Natural Flavoured Yoghurt / Fresh Fruit

Roast Turkey with Roast Potatoes
& Gravy

Cheese & Pepper Whirl
with Roast Potatoes

Red Cabbage & Green Beans

Apple, Cheese & Crackers

Natural Flavoured Yoghurt / Fresh Fruit

Spaghetti Bolognese

Mixed Bean Cassoulet
with Mashed Potato

Peppers & Sweetcorn

Rice Pudding & Fruit Compote

Natural Flavoured Yoghurt / Fresh Fruit

MSC Battered Fish with Chipped
Potatoes & Tomato Sauce
Cheese Tomato & Spinach Frittata
with Chipped Potatoes

Baked Beans & Garden Peas

Yoghurt & Fruit Station

Wholemeal Flatbread, Roast Vegetable,
BBQ Lemon & Herb Couscous
Quorn Sausages in a Hot Dog Roll
with Lemon & Herb Couscous

Sweetcorn & Green Beans

Oaty Peach Crumble & Custard

Natural Flavoured Yoghurt / Fresh Fruit

Beef & Vegetable Hotpot
with Mashed Potatoes

Creamy Broccoli Pasta Bake

Shredded Cabbage & Baked Tomatoes

Lemon & Mixed Berry Cake,

Natural Flavoured Yoghurt / Fresh Fruit

Roast Chicken & Stuffing
with Roast Potatoes & Gravy
Spiced Vegetable, Chickpea &
Soya Pattie with Roast Potatoes & Gravy

Broccoli & Carrots

Mandarins & Ice Cream

Natural Flavoured Yoghurt / Fresh Fruit

Beef Tortilla Stack & Rice
Wholemeal Cheese & Tomato Pizza

Roasted Vegetable & Medley

Cocoa & Mandarin Brownie

Natural Flavoured Yoghurt / Fresh Fruit

MSC Salmon Fish Fingers with
Chipped Potatoes & Tomato Sauce
Bean & Lentil Burger
with Chipped Potatoes

Baked Beans & Garden Peas

Yoghurt & Fruit Station

Bread

freshly baked on site daily

Daily salad selection

there will be a selection of salad
items available daily

Fresh Fruit & Yoghurt

available daily


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 menu.

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

V Vegetarian option

 Oily fish

 Marine Stewardship
Council details
Web: www.msc.org
Chain of Custody
Registration Code
MML - C 1009

WEDNESDAY

THURSDAY

FRIDAY