

V Vegetarian
 Ve Vegan
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Week 1



Sandwich Bar **Monday**

Red Tractor Beef Bolognese Farm Assured Fresh Minced Beef cooked in a Rich Tomato based Sauce

Creamy Mature Cheese Sauce or Rich Tomato Sauce V

Pasta, Seasonal Vegetable Selection, Fresh Green Salad Bar with Homemade Coleslaw, Homemade Mixed Bread Selection, Garlic Bread

Lemon Drizzle Cake

Sandwich Bar **Tuesday**

Cold Wrap Day A floured wrap served with Ham or Tuna, Mature Cheese V or Egg V

Diced Potatoes, Mixed Pepper Couscous, Seasonal Vegetable Selection, Seasonal Salad Bar, Homemade Mixed Bread Selection

Homemade Chocolate Fudge Cake & Custard



FUN FOOD FACTS
 Apples float in water, because 25% of their volume is made of air. The most-grown apple is Red Delicious. Followed by Gala, Golden Delicious, Granny Smith, and Fuji.

Sandwich Bar **Wednesday**

Roast Turkey or Roast Pork Farm Assured with Rich & Tasty Gravy

Oven Roast Vegetables Served in a Yorkshire pudding & topped with Mature Cheese V

Roast Potatoes, Creamed Sweet Potato Mash, Fresh Baton Carrots, Cauliflower & Broccoli, Garden Peas, Homemade Mixed Bread Selection

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

Sandwich Bar **Thursday**

Big Breakfast Back Bacon, Pork Sausage, Free Range Scrambled Egg V

Vegetarian Sausage V Ve

Hash Browns, Mushrooms, Plum Tomatoes, Baked Beans, Seasonal Salad Bar, Homemade Mixed Bread Selection

Homemade Cookie Selection

Sandwich Bar **Friday**

Battered Fillet of Fish White Fillet coated in a light batter or **Fish Finger** Fillet of Fish coated in a Crispy Breadcrumbs or **Salmon Fishcake**

Macaroni Cheese Pasta twists in a creamy homemade Mature cheese sauce V

Chips, Lemon Couscous, Sweetcorn, Baked Beans, Seasonal Salad Bar, Homemade Mixed Bread Selection

Chocolate Orange Muffin

Week 2



Sandwich Bar **Monday**

Pizza Bar Selection of Topped Pizzas with a Deep Crust Base to include Ham

Cheese & Tomato Pizza V

Diced Potatoes, Big Seasonal Salad Bar including, Fresh Green Salad, Pasta Salad, Coleslaw, Homemade Mixed Bread Selection

Iced Muffin

Sandwich Bar **Tuesday**

Chicken & Bacon Pasta Bake Tender pieces of Farm Assured Chicken & Bacon with Pasta in a Chefs Creamy Sauce

Stir Fried Vegetable Selection of Seasonal Vegetables V Ve

Rice, Noodles, Salad Bar, Peppers, Celery, Cucumber, Spring Onion and Carrot Sticks, Homemade Mixed Bread Selection

Apple Whirl & Custard

Sandwich Bar **Wednesday**

Roast Beef or Roast Turkey Farm Assured with a Rich & Tasty Gravy

Oven Roast Vegetables Served in a Yorkshire pudding & topped with Mature Cheese V

Roast Potatoes, Creamed Swede Mash, Mashed Potato, Fresh Baton Carrots, Cauliflower & Broccoli, Garden Peas, Homemade Mixed Bread Selection

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

Sandwich Bar
 Available daily by pre order

Sandwich Bar **Thursday**

Big Breakfast Back Bacon, Farm Assured Pork Sausage, Free Range Scrambled Egg V

Vegetarian Sausage V Ve

Hash Browns, Tomatoes, Mushrooms, Baked Beans, Seasonal Salad Selection, Homemade Mixed Bread Selection

Iced Sponge & Custard

The Eatwell project supports the Let's Dine ethos by cooking healthy, simple ingredients with the children.

Sandwich Bar **Friday**

Battered Fillet of Fish Fish Finger White Fillet coated in a light batter or **Salmon Fishcake**

Macaroni Cheese Pasta Macaroni cooked and Baked in a Creamy Cheese Sauce Topped with Sliced Tomatoes V

Chips, Couscous, Sweetcorn, Baked Beans, Seasonal Salad Selection, Homemade Mixed Bread Selection

Fruit Jelly with a Swirl of Cream

Week 3



Sandwich Bar **Monday**

Hot Wrap Day Farm Assured Chicken Strips with BBQ Sauce

Vegetable Ratatouille served in a floured wrap V

Potato Slices, Large fresh Green Salad Bar, Seasonal Salad Selection, Homemade Mixed Bread Selection

Apple & Strawberry Crumble & Custard

Sandwich Bar **Tuesday**

Big Breakfast Back Bacon, Farm Assured Pork Sausage, Free Range Scrambled Egg V

Vegetarian Sausage V Ve

Hash Browns, Mushrooms, Plum Tomatoes, Baked Beans, Seasonal Salad Selection, Homemade Mixed Bread Selection

Vanilla Ice Cream and Mini Fruit Salad

Sandwich Bar **Wednesday**

Roast Turkey Farm Assured with a Rich & Tasty Gravy

Vegetable Parcels Selection of Roast Vegetables encased in Puff Pastry V

Oven Roast Potato, Creamed Potato, Carrots, Cauliflower, Garden Peas, Homemade Mixed Bread Selection

Homemade Honey & Oat Cookie

Sandwich Bar **Thursday**

Chicken Curry Tikka or Korma Tender pieces of Farm Assured Chicken in a Chefs Curry Sauce

Crispy Garlic Bake Selection of Seasonal Vegetables cooked with garlic & herbs topped with French Bread slices V

Mixed Brown & White Rice, Selection of Sambals, Seasonal Salad Selection, Homemade Mixed Bread Selection

Iced Marble Sponge

Chip Shop Friday

Battered Fillet of Fish White Fillet coated in a light batter or **Fish Finger** Fillet of Fish coated in a Crispy Breadcrumbs

Pasta Bake Pasta & Vegetables in a Rich Tomato Sauce topped with mature Cheese V

Chips, Couscous, Sweetcorn, Baked Beans, Seasonal Salad Selection, Homemade Mixed Bread Selection

Homemade Lemon Shortbread



FUN FOOD FACTS
 The word 'broccoli' is the plural of 'broccolo' which is Italian for the flowering top of a cabbage. According to a survey in 2009, broccoli is the sixth most commonly misspelt word in English.



Fresh Fruit available daily. Cheese & Crackers available Monday, Wednesday & Friday. Individual Yoghurts available Tuesday & Thursday. All items subject to availability.