

- 1 All our meals are freshly prepared in our kitchens daily and comply with the Government Food Standards.
- 2 We provide a choice of Vegetables, Salad and Fresh Fruit daily.
- 3 At our schools with a Sandwich Bar, we offer a healthy sandwich choice as an alternative to a hot meal, look out for the Sandwich Bar symbol. Contact your school office for more info.
- 4 Our recipes are low in Sugar and Fat, supporting the national obesity strategy.
- 5 We recycle our Rapeseed Oil. It is cleaned, filtered and processed into biofuel for use as vehicle fuel or for power and energy generation.

V Vegetarian
Ve Vegan
H Halal

Week 1

Monday

Cheese and Tomato Pizza
Vegetable Frittata **V**
Sliced Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread
Flapjack

Tuesday

Big Breakfast – Farm Assured Pork Sausage, Bacon
Vegetarian Sausage **V**
Hash Browns, Baked Beans, Chopped Tomatoes, Seasonal Salad Selection, Bread
Jelly

Wednesday

Traditional Roast Dinner *Farm Assured Sliced Meat with a Rich and Tasty Gravy*
Quorn and Seasonal Vegetable Parcel **V**
Halal Option **H**
Creamed Potato, Roast Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread
Golden Shortbread

Thursday

Beef and Tomato Meatballs *served with a Sauce*
Vegetarian Chili *served with a Sauce* **V**
Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread
Chocolate Muffins

Friday

Battered Fillet of Fish or Jumbo Fish Finger or Fishcake
Cheese and Onion Puff **V**
Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread
Vanilla Ice Cream

Week 2

Monday

Sausage Roll *Sausage Meat encased in Puff Pastry*
Vegetarian Sausage Roll **V**
Halal Option **H**
Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread
Lemon Muffin

Tuesday

Chicken Curry *Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce* or *Sweet and Sour Chicken Tender pieces of Farm Assured Chicken in a Chef's Sweet and Sour Sauce*
Vegetarian Curry **V**
Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Naan Bread
Chocolate Brownie

Wednesday

Traditional Roast Dinner *Farm Assured Sliced Meat with a Rich and Tasty Gravy*
Vegetarian filled Yorkshire Pudding **V**
Halal Option **H**
Creamed Potato, Roast Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread
Cheesecake

Thursday

Wrap Day – a choice of BBQ Chicken, Tuna, Chili, Grated Cheese **V**
Vegetable Nuggets **V**
Pasta Twists, Mixed Vegetables, Big Seasonal Salad Selection, Bread
Orange Jelly



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

Friday

Battered Fillet of Fish or Jumbo Fish Finger or Fishcake
Cheese and Onion Pastie **V**
Chips, Couscous, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread
Chocolate and Vanilla Swirl Mousse

Week 3

Monday

Big Breakfast *Farm Assured Pork Sausage, Bacon*
Vegetarian Sausage or Cheese and Tomato Pizza **V**
Hash Browns, Baked Beans, Chopped Tomatoes, Seasonal Salad Selection, Bread
Iced Sponge Finger

Tuesday

Taco Day – a choice of BBQ Chicken, Beef Chili, Grated Cheese **V**, Vegetarian Chili **V**
Halal Option **H**
Diced Potatoes, Mixed Vegetables, Big Seasonal Salad Selection, Bread
Golden Shortbread

Wednesday

Traditional Roast Dinner *Farm Assured Sliced Meat with a Rich and Tasty Gravy*
Mixed Bean Pasty **V**
Halal Option **H**
Creamed Potato, Roast Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread
Cornflake Tart and Custard

Thursday

Beef Burger *Farm Assured Minced Beef or Farm Assured Pork Sausage*
Vegetarian Burger **V**
Potato Wedges, Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread, Soft Hot Dog Roll or Soft Burger Roll
Chocolate Crunch

Friday

Battered Fillet of Fish or Jumbo Fish Finger or Fishcake
Pasta Bake **V**
Chips, Couscous, Mushy Peas, Baked Beans, Seasonal Salad Selection, Bread
Strawberry and Vanilla Swirl Mousse

FUN FOOD FACT

Lemons float, but limes sink...
and ripe cranberries bounce like rubber balls.

FUN FOOD FACT

RHUBARB GROWS SO QUICKLY THAT YOU CAN HEAR IT.

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