



Lunch Menus Term 1

Grab & Go (available every day) Contains:
 Ham, tuna or cheese sandwich.
 Vegetable crisps
 Fruit
 Jelly Pot (2,4,5,7,9,14)

Always available:
 Yoghurts (7)
 Fresh Bread (may contain eggs) (2,4,13)

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1 w/c 3rd Sept, 23rd Sept, 14th Oct	Main	Salmon and dill pasta (2,5,7) Wholemeal crusty bread (7) Peas and sweet corn	Frankfurter Hot dog in a bun (2,7,13) Potato waffle Carrot and cucumber sticks	Roast chicken Roast potatoes Carrots and Red cabbage Yorkshire pudding (2,4,7) Gravy (2,13)	Beef lasagne (2,7,9,13) Garlic bread (2,7) Salad and Appleslaw (4,9)	Chicken Nuggets (1,2) Chips and Baked Beans
	Veggie	Margarita Pizza (2,7) Potato wedges Peas and sweet corn	Pasta Bake (2,7) Wholemeal crusty bread (2) Carrot and cucumber sticks	Quorn bites (4) Roast Potatoes, Carrots and Red Cabbage Yorkshire pudding (2,4,7) Gravy (2,13)	Jacket potato with Beans, Cheese (7) or Tuna (4,5,9) Salad and Appleslaw (4,9)	Quorn Nuggets (2) Chips and Baked Beans
	Pudding	Apple crumble (2,7) with cream (7)	Strawberry and banana mousse (7)	Vanilla Ice cream (7)	Fruity shortbread (2,7)	Iced lolly (7) or Fresh fruit Salad
Week 2 w/c 9th Sept, 30th Sept	Main	Ham, tomato and mascarpone sauce pasta (2,7,13) Wholemeal crusty Bread (2) Mixed minted Salad	Chicken korma (2,7) Rice. Naan bread (2) Green Beans	Roast Turkey Roast Potatoes Carrots and Cabbage, Gravy (2,13) Yorkshire Pudding (2,4,7)	Coronation Chicken Wrap (2,4,9) Sweet corn Potato wedge	Fish Cake (2,5,9) Chips and Peas
	Veggie	Tomato and Basil pasta (2) Wholemeal Bread (2) Mixed Minted Salad	Macaroni Cheese (2,7,9) Garlic Bread (2,7) Green Beans	No Steak pie (2) Roast potatoes Carrots and Cabbage Gravy (2,13)	Cheese and Salsa Wrap (2,7) Sweet corn Potato Wedges	Vegetable nuggets (2) Chips and Peas
	Pudding	Banana cake (2,4,7)	Jelly with fruit	Chocolate ice cream (7)	Orange Shortbread (2,7) with orange wedge	Jam swiss roll (2,4,7) Or Fruit pots
Week 3 w/c 16th Sept, 7th Oct	Main	Sausage (2,13) Mashed Potato (7) Spaghetti hoops (2) Broccoli	Beef Burger in a bun (2,13) Herby diced potatoes Mixed Salad	Savoury mince (2,13) Roast potatoes Carrots and cauliflower Gravy (2,13) Yorkshire pudding (2,4,7)	Cheese and Ham pizza (2,7) Potato Wedges Carrot and Cucumber sticks	Fish fingers (2,5) Chips and Baked Beans
	Veggie	Vegetarian sausage (2,9) Mashed Potato (7) Spaghetti hoops (2) Broccoli	Vegetarian burger in a bun (2) Herby diced potatoes Mixed salad	Layered cheese and potato bake (7) Carrots and Cauliflower Yorkshire pudding (2,4,7) Gravy (2,13)	Spaghetti in a tomato sauce (2) Wholemeal crusty bread (2) Carrot and cucumber sticks	Quorn dippers (2) Chips and Baked Beans.
	Pudding	Blue berry cake (2,4,7)	Pineapple chunks or Jelly	Strawberry ice cream (7)	Chocolate and date sponge (2,4,7) with chocolate custard (7)	Rice crispy cakes (2,7)

Numbers refer to the Food Standards Agency allergen code as follows: ([More details on school website](#))

- 1. Celery
- 2. Cereals Containing Gluten
- 3. Crustaceans

- 4. Eggs
- 5. Fish
- 6. Lupin

- 7. Milk
- 8. Molluscs
- 9. Mustard

- 10. Nuts
- 11. Peanuts
- 12. Sesame Seeds

- 13. Soya — Soya Oil used for fried items is Genetically modified
- 14. Sulphur Dioxide (Sulphites)