



## Here is our menu

We use in season ingredients and produce grown by the children in our allotment. We have in season organic veg available throughout the week. All the meat we use is red tractor accredited, free Range or organic. That means we can trace where Our meat comes from and there is a guarantee that the animals are kept in humane conditions. We only use fish that is sustainable and not on the banned list as published by the MSC, (Marine Stewardship Council).

Our eggs are free range. We use fair trade products where we can. We cater for all food intolerances. We produce specials everyday depending upon what fresh produce is available, these are often Plant based. Available every day is fresh drinking water, and free organic milk. We have soya milk available to all and have freshly prepared unlimited seasonal mixed salad every day. As well as a daily desert we also have fresh fruit segments, low fat yoghurts and cheese triangles.

### Week one

W/C 28/2, 21/3

### Week two

W/C 7/3, 28/3

### Week three

W/C 14/3, 4/4



Week 1

## Monday

Macaroni and  
cauliflower  
cheese bake ✓

*Favourite!*

Oven baked  
fish fingers

*Chosen by you!*

Jacket potato

Whole wheat  
spaghetti hoops ✓

New potatoes,  
carrots and peas

*In season*

**Veg power!**

## Tuesday

Hot dog with  
onions ✓

*Chef's choice*

Roasted  
tomato & basil  
lasagne

*Basil grown by us!*

Honey roasted  
free range  
gammon

Mash, green  
beans & parsnips

**Veg power!**

## Wednesday

Roast lamb  
with garlic and  
mint

*Herb from our  
allotment*

Quorn beef pie

✓ *Chef's favourite*

Jacket potato  
with tuna &  
sweetcorn

Dry roast potato,  
carrots, broccoli

**Veg power!**

## Thursday

Taco shell with  
red bean chilli and  
rainbow  
wholegrains

✓

*Chef's choice*

Shepherd's pie

*Chosen by you!*

Salmon fish cake

*Super brain food*

Herbed diced  
potatoes & Mixed  
veg

## Friday

Crispy Chicken  
style nuggets

✓

*Requested by you!*

Tomato and  
mozzarella  
pizza

*Chosen by you!*

Jacket potato

Cheese coleslaw  
& salad

Sweetcorn, beans  
and chipped  
potatoes

Banana and  
pineapple cake

Pear and apple  
pie

*in season*

Cheese, grapes  
and breadsticks

*Favourite!*

Beetroot &  
chocolate sponge

*In season & fair trade*

Fruity Fridays

*Wide range of fruits  
and yoghurts*



Week 2

## Monday

Veg mince  
cottage pie with  
creamy mash ✓

*Chef's choice*

Roasted chicken  
breast with sage  
and onion  
stuffing

*Herbs from the  
allotment*

Jacket potato  
Coleslaw or tuna

Mash, cabbage  
and carrots

## Tuesday

Bolognaise with  
whole wheat  
pasta ✓

*Chef's choice*

Oven baked  
cod bites

*Favourite*

Creamy chicken  
pie

Wedges, broccoli  
and cauliflower

*Veg power!*

## Wednesday

Roast turkey  
with rosemary  
stuffing herb  
from the  
garden

Vegetable and  
puy lentil pasty  
✓

*Favourite!*

Jacket potato,  
homemade  
BBQ beans

Roast potatoes  
roast swede,  
parsnips &

## Thursday

Creamy korma  
curry with  
samosa ✓

*Favourite*

Chicken meat  
balls, tomato  
sauce

Oven baked fish  
fillet

*Brain food!*

New potatoes,  
whole grain rice &  
mixed veg

*Veg power*

## Friday

Sweet and sour  
tofu kebab  
with tasty  
noodles ✓

*Chefs favourite*

Tomato and  
mozzarella  
pizza ✓

*Chosen by you*

Jacket potato,  
cheese, coleslaw  
salad

Sweetcorn and  
beans

Lemon and mixed  
berry sponge

Strawberry frozen  
yoghurt

Chocolate  
cracknel

Cherry and ginger  
sponge

Fruity Fridays  
*Wide range of fruits  
and yoghurts*



Week 3

## Monday

Roasted vegetable  
lasagne ✓

*Chef's choice*

Southern style  
chicken strips

*Chosen by you!*

Jacket potato with  
beans

Roasted wedges,  
broccoli and carrots

## Tuesday

Sausage and  
mash ✓

Turkey burger  
with barbeque  
sauce

*Favourite!*

BBQ pulled  
Quorn  
empanadas

*Requested by you!*

Roasted new  
potatoes, green  
beans and  
sweetcorn

## Wednesday

Roast turkey with  
stuffing

Quorn and  
sweetcorn pie ✓

Jacket potato  
with

3 bean chilli ✓

Dry roasted  
potatoes, organic  
parsnip and  
swede

*Veg power!*

## Thursday

Burger with 50 50  
roll ✓

*Chef's choice!*

Pasta bar,  
selection of  
shaped pasta with  
sauces ✓

Fish cake

Crispy herb diced  
potatoes

Cauliflower, broccoli  
and carrots

*Veg power!*

## Friday

Tikka Quorn  
fillet with mint  
yoghurt ✓

*Chef's choice*

Tomato and  
mozzarella pizza

*Chosen by you!*

Jacket potato with  
beans and cheese

Sweetcorn

Apple sponge  
and custard

Fruits of the  
forest muffin

Bananas and  
custard

Chocolate and  
vanilla shortbread

Fruity Fridays  
*Wide range of fruits  
and yoghurts*