

School Lunch Menu ~ October 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
W/B 04/10	Steak Burger Or Chicken Chow Mein Gravy Broccoli Florets Fresh Baton Carrots Mashed Potato Fresh Fruit Selection & Fresh Yoghurt	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Homemade Margherita Pizza Garden Peas, Tossed Salad, Pasta Twists Shortbread or Yoghurt & Fruit	Fresh Breaded Fish Goujons with Lemon slice, Tartar Sauce Or cheesy Bolognese Pasta Baked beans, Garden peas Sweetcorn, *Salad Selection Mashed Potato Jelly Pot or Yoghurt & Fruit	Roast Breast of Chicken or Chicken Crumble Herb Stuffing Gravy Cauliflower Cheese Fresh diced Carrots/Parsnip Mashed Potato Chocolate Muffin or Yoghurt & Fruit	Chicken Nuggets Or Hot Thai flavoured Chicken Wrap Salsa Dip, Sweetcorn *Salad Selection Chips Baked Potato Vanilla Ice Cream Pot or Yoghurt & Fruit
W/B 11/10	Italian Bolognese Pasta Or Breaded Fish Fingers Baked Beans, Sweetcorn Broccoli Florets Mashed Potato Fruit Muffin or Yoghurt & Fruit	Mac & Cheese Or Homemade Salt & Chilli or Traditional Chicken Goujons Selection of dipping sauces Baton Carrots *Salad Selection Chips Mashed Potato Jelly Pot or Yoghurt & Fruit	Mexican Enchilada Or Oven Baked Sausages Garden Peas Mediterranean roasted Vegetables, Mashed Potato Baby Boiled Potatoes Fresh Fruit Selection & Fresh Yoghurt	Roast Turkey Or Chicken Panini Herb Stuffing Cranberry Sauce, Gravy Fresh Carrot or Parsnip Fresh Savoy Cabbage Mashed Potato Chocolate Cookie or Yoghurt & Fruit	Traditional Homemade Chicken Or Smooth & Hearty Vegetable Soup Steak Burger in Bap or Bang Bang Chicken in hot Baguette Mashed Potato, Tossed Salad Selection of Breads Frozen Mousse or Fresh Fruit & Yoghurt
WEEK 4 18/10	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Chicken & Broccoli Bake Garden Peas Fresh Savoy Cabbage Gravy Mashed Potato Chocolate Muffin or Yoghurt & Fruit	Chicken Stir Fry & Noodles Or Oven Baked Sausages Baked Beans Sweetcorn Baton Carrots Mashed Potato Flakemeal Biscuit or Yoghurt & Fruit	Roast Breast of Chicken Or Beef Stew Herb Stuffing Gravy Diced Turnip Fresh Baton Carrots Mashed Potato Jelly Pot or Yoghurt & Fruit	Spaghetti Bolognese or Salmon Fish Cake or Fresh Breaded Fish Fillets Lemon Slice & Tartar Sauce Broccoli & Cauliflower Florets Mashed Potato Selection of Fruit & Yoghurt	Homemade Margherita Pizza Or Marinated Chicken Fillets with warm Tortilla Wraps *Salad Selection Sweetcorn Traditional Champ Chips Artic Roll or Yoghurt & Fruit

Breads
Milk, Water
Fresh Fruit,
Yoghurt
Available Daily

• **2 Items from Cook's Salad Selection**
Rice Salad, Coleslaw
Sweet Chilli Pasta
Tossed Salad
Lettuce, Cherry
Tomato
Carrot Sticks
Cucumber Sticks
Diced Red Peppers
Red Onion
Radish

If You Require Any Additional Information on Allergens or Special Diets Please Contact the School to complete a Special Diets Application Form

Rice, Pasta, Potatoes and Gravy can be served daily



Menu choices subject to deliveries

FRESH FISH MAY CONTAIN BONES