

# School Lunch Menu ~ October 2022



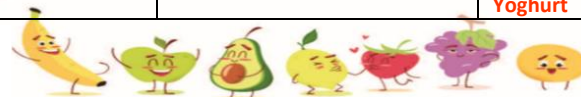
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>W/B 03/10</b>	Homemade Magherita Pizza Ham & Cheese Or Chicken Panini  Garden Peas Tossed Salad Herb Diced Potato  Flakemeal Biscuit & Water Melon Slice	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Steak Burger  Broccoli Florets Carrots Mashed Potato, Gravy  Muffin, Fruit or Yoghurt	Italian Pasta Bake Or Fresh Breaded Fish Goujons  Baked Beans Garden Peas / Sweetcorn Mashed Potato  Jelly Pot, Fruit or Yoghurt	Roast Breast of Chicken Or Chicken Crumble  Traditional Stuffing, Gravy Fresh Diced Carrots / Parsnip, Mashed Potato Oven Roasted Potato  Cookie, Fruit or Yoghurt	Chicken Nuggets Or Beef Lasagne  Sweetcorn Mashed Potato Salad Selection Chips  Frozen Yoghurt & Fruit Pieces
<b>W/B 10/10</b>	Oven Baked Breaded Fish Fingers Or Savoury Mince  Carrots Garden Peas Mashed Potato  Fresh Fruit or Fresh Yoghurt	Breast of Chicken Curry & Boiled Rice & Naan Bread Or Chicken Panini/Wrap  Broccoli Florets Sweetcorn Herb Diced Potato  Jelly Pot, Fruit or Yoghurt	Homemade Breaded Chicken Goujons & Dip Or Cottage Pie  Salad Selection Baked Beans, Diced Turnip Mashed Potato, Gravy  Flakemeal Biscuit, Fruit or Yoghurt	Roast Gammon Or Chicken & Pasta Bake  Traditional Stuffing, Gravy Fresh Baton Carrots Cauliflower Florets, Mashed Potato, Oven Roasted Potato, Mashed Potato  Ginger Biscuit, Fruit or Yoghurt	Oven Baked Sausages Or Macaroni Cheese  Garden Peas Coleslaw Baked Potato Chips  Ice Cream & Fruit Pieces
<b>W/B 17/10</b>	Steak Burger Or Stuffed Bacon Roll  Baked Beans Sweetcorn Broccoli Florets Mashed Potato, Gravy  Fresh Fruit or Fresh Yoghurt	Pasta Bolognaise Or Fresh Breaded Fish Fillets  Fresh Baton Carrots Garden Peas Herb Diced Potato Parsley Sauce  Flakemeal Biscuit, Fruit or Yoghurt	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Oven Baked Sausages  Garden Peas Diced Carrots Mashed Potato, Gravy  Jelly, Fruit or Yoghurt	Roast Breast of Chicken Or Flaked Salmon Wrap  Traditional Stuffing Broccoli Floret Tossed Green Salad Oven Roasted Potato Mashed Potato, Gravy  Shortbread, Fruit or Yoghurt	Homemade Margherita Pizza Or Marinated Chicken & Vegetable Stir Fry  Noodles Sweetcorn Salad Selection Chips  Ice Cream & Fresh Fruit
<b>W/B 24/10</b>	Spaghetti Bolognaise Or Ham & Cheese Melt  Garden Peas Salad Selection Pasta Salad Mashed Potato Gravy  Muffin, Fruit & Yoghurt	Homemade Breaded Chicken Goujons & Dip Or Chicken wrap  Diced Carrots Salad Selection Herb Diced Potato  Jelly Pot, Fruit or Yoghurt	Breaded Chicken Curry with Boiled Rice & Naan Bread Or Oven Baked Breaded Fish Fingers  Sweetcorn, Broccoli Florets Mashed Potato  Fresh Fruit or Fresh Yoghurt	Roast Breast of Chicken Or Roast Pork  Traditional Stuffing, Gravy Fresh Diced Carrots Broccoli Florets Oven Roasted Potato Mashed Potato  Rice Krispie Square, Fruit or Yoghurt	Oven Baked Sausages Or Peppered Chicken  Garden Peas Tossed Salad Baked Beans Baked Potato Chips  Ice Cream Tub & Fruit Pieces

**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**