

School Lunch Menu ~ January 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
W/B 02/01 & 30/01	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
W/B 09/01	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
W/B 16/01	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
W/B 23/01	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

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