



School Menu




2022-23



All main meals come with a choice of fresh salad, or vegetables daily.

Fruit jelly, fresh fruit or yoghurt is served daily for dessert (Photographs shown on Monday, Wednesday & Friday.)

Main desserts are served on Tuesdays and Thursdays in addition to jelly, fruit & yoghurt.

Week 1	<u>(Weeks commencing 4th Jan & 20th Feb)</u>		
	Main Meal	Vegetarian Meal	Dessert
<p>Monday</p> <p>Creamy chicken pasta bake served with garlic bread</p> <p>Arrabbiata pasta bake served with garlic bread</p>			

Tuesday

Harvest beef hot-pot served with new potatoes
Cheese and vegetable cobbler served with new potatoes
Apple and sultana crumble with custard



Wednesday

Slow roast gammon served with roast potatoes and gravy
Garden vegetable pie served with roast potatoes and gravy



Thursday

Chicken tikka masala served with rice and naan bread
Sweet and sour vegetables served with rice
Chocolate chip shortbread



Friday

Fish fingers and chips served with beans or peas
Cheese and onion roll and chips served with beans or peas



Week 2

(Weeks commencing 9th Jan & 27th Feb)

Main Meal

Vegetarian Meal

Dessert

Monday

Beef chilli con carne served with rice and nachos
Vegetable spring roll served with rice and sweet chilli sauce



Tuesday

Spanish paprika chicken served with new potatoes
Vegan sausage and bean cassoulet served with new potatoes.
Coconut jam sponge and custard



Wednesday

Steak and vegetable pie served with roast potatoes and gravy
Shepherdess pie served with roast potatoes and gravy



Thursday

Salmon, butternut squash and coconut curry served with rice and chapatti
Tomato, basil and mozzarella pasta served with garlic and herb croutons
Cranberry and white chocolate flapjack



Friday

Hot dog served with potato wedges and sweetcorn salsa
Falafel burger served with potato wedges and sweetcorn salsa



Week 3

(Weeks commencing 16th Jan & 6th March)

Main Meal

Vegetarian Meal

Dessert

Monday

Pasta carbonara served with garlic bread
Butternut squash cheese and leek crumble served with new potatoes



Tuesday

Spiced meatballs served with vegetable rice
Vegetable chilli con carne served with rice and nachos
Peach melba rice pudding



Wednesday

Roast chicken served with sage and onion stuffing, roast potatoes and gravy
Risotto stuffed pepper served with roast potatoes



Thursday

Lamb moussaka
Mac N cheese
Chocolate chip cookie



Friday

Fisherman's pie
Roast vegetable pizza
served with pesto pasta
salad



Week 4

(Weeks commencing 23rd Jan & 13th March)

Main Meal

Vegetarian Meal

Dessert

Monday

Sweet and sour chicken served with rice
Butternut squash and broccoli tikka served with rice and naan bread



Tuesday

Lamb pasticcio served with garlic bread
Lentil and vegetable lasagne served with garlic bread
Apple and cherry crumble with custard



Wednesday

Braised sausages in
yorkshire pudding
served with roast
potatoes and gravy
Sage bean and
vegetable loaf served
with roast potatoes
and gravy



Thursday

Traditional beef
cottage pie served
with gravy
Lentil and vegetable
mousaka
Blueberry muffin



Friday

Fish and chips served with peas
Cheese, tomato and basil quiche served with chips and peas



Week 5

(Weeks commencing 30th Jan & 20th Feb)

Main Meal

Vegetarian Meal

Dessert

Monday

Tomato, basil and chicken pasta served with garlic bread
Lentil and vegetable masala served with rice and naan bread



Tuesday

Malaysian pork served with rice
Cauliflower and broccoli cheese served with new potatoes
Saint Clements sponge and custard



Wednesday

Roast beef and yorkshire pudding served with roast potatoes and gravy
Cheese, leek, tomato and potato pie served with roast potatoes and gravy



Thursday

Chinese chicken and vegetable stir fry
noodles with rice
Vegan chicken, bean and vegetable fajita
Chocolate banana brownie



Friday

Tuna pasta bake
Quorn chilli served with rice and nachos



Week 6

(Weeks commencing 6th Feb & 27th March)

Main Meal

Vegetarian Meal

Dessert

Monday

Balti chicken and vegetable curry served with rice and naan bread
Spinach chickpea and potato curry served with rice and naan bread



Tuesday

Pork sausages served with mashed potato and onion gravy
Quorn chilli burrito served with potato wedges
Chocolate cherry flapjack



Wednesday

Slow roast pork served with apple sauce, roast potatoes and gravy
Baked cheese and vegetable strudel served with roast potatoes and gravy



Thursday

Traditional beef lasagne
Chinese vegetable stir fry noodles with rice
Tropical crumble and cream



Friday

Fish cake served with
chips and peas
Bean and vegetable
enchilada served with
chips and peas

