

RCHTHMIE M

24/08, 14/09 05/10, 26/10 16/11, 07/12 28/12, 18/01 08/02, 01/03 22/03

Vegetarian Meatballs in a Homemade Tomato Sauce, Wholearain Pasta & Crusty Bread

> **Reduced Sugar Baked Beans** & Sweetcorn

Choice of Jacket Potato Choice of Sandwich

Sponge & Custard

RSPCA Assured Roast Pork Loin. Mashed Potatoes, Sage & Onion Stuffing & Gravy

Sliced Carrots & Broccoli

Choice of Jacket Potato **Choice of Sandwich**

Gluten Free Chocolate Cookie

British Beef Burger with Tomato Ketchup, Oven Baked Potato Wedges. **Homemade Colesiaw**

Mixed Vegetables & Reduced Sugar **Baked Beans**

> **Choice of Jacket Potato Choice of Sandwich**

Frozen Yoghurt Pot

Cheese & Tomato Wholegrain Pasta **Tomato & Herb Bread**

Garden Peas & Diced Carrots

Choice of Jacket Potato Choice of Sandwich

Orange Jelly & Mandarins

Harry Ramsdens's Junior Bubble Crisp Pollock & Chunky Chips (Gluten Free) (MSC)

Mushy Peas & Sweetcorn

Choice of Jacket Potato Choice of Sandwich

Chocolate Sponge & Custard

WEEK 2

31/08, 21/09 12/10,02/11 23/11, 14/12 04/01, 25/01 15/02, 08/03

MONDAY

Cheese Whirls with Salad Potatoes

Cauliflower & Broccoli

Choice of Jacket Potato Choice of Sandwich

Peach Slices & Ice Cream Pot

British Roast Chicken, Sage & Onion **Stuffing, Creamed Potatoes & Gravy**

Sliced Carrots & Cabbage

Choice of Jacket Potato Choice of Sandwich

Raspberry Bun

Red Tractor Pork Sausages, Creamed Potatoes & Gravy

> **Reduced Sugar Baked Beans** & Mixed Vegetables

Choice of Jacket Potato Choice of Sandwich

Homemade Rice Pudding

THURSDAY

Spaghetti Bolognaise, Wholegrain Pasta, Tomato & Herb Bread

Sweetcorn & Green Beans

Choice of Jacket Potato Choice of Sandwich

Chocolate Muffin

Young's Crispy Fishfinger (MSC) & Chunky Chips

Garden Peas & Reduced Sugar **Baked Beans**

> **Choice of Jacket Potato Choice of Sandwich**

Vanilla Sponge & Custard

WEEK 3

07/09, 28/09 19/10,09/11 30/11, 21/12 11/01, 01/02 22/02, 15/03

MONDAY

Homemade Cook's Choice Pizza made with Wholemeal Flour, Oven Baked **Herby Diced Potatoes**

> **Reduced Sugar Baked Beans** & Garden Peas

Choice of Jacket Potato Choice of Sandwich

Chocolate Brownie & Orange Wedges

TUESDAY

Traditional Roast Beef, Yorkshire Pudding, Roast Potatoes & Gravy

Carrot Batons & Broccoli

Choice of Jacket Potato Choice of Sandwich

Cook's Choice Sponge & Custard

WEDNESDAY

Gluten Free Pork, Red Pepper, Sweet **Potato and Butternut Squash** Meatballs, Wholegrain Pasta & Tomato Sauce

Sliced Carrots & Garden Peas

Choice of Jacket Potato Choice of Sandwich

Strawberry Jelly & Watermelon Slices

THURSDAY

Pizza Wrap & Savoury Vegetable Rice

Mixed Vegetables & Sweetcorn

Choice of Jacket Potato Choice of Sandwich

Ice Cream Pot & Fruit Salad

FRIDAY

Harry Ramsden's Seaside Salmon & Chunky Chips (Gluten Free) (MSC)

Garden Peas & **Reduced Sugar Baked Beans**

Choice of Jacket Potato Choice of Sandwich

Shortbread Biscuit

AVAILABLE DAILY: Bread basket, salad bar, yoghurts, freshly prepared fruit salad and drinking water. All our menus are compliant with the school food standards - Lo-salt is always used as well as low fat milk and yoghurts. We have reduced sugar by 10% in all our recipes. IF YOU REQUIRE ADVICE REGARDING ALLERGENS, PLEASE CONTACT THE UNIT CATERING MANAGER