

Lunch Time Menu



Week One

27/08, 17.09, 08/10, 29/10,
19/11, 10/12, 31/12, 21/01,
11/02

Monday

Pasta Bolognese
& Crusty Bread
~
Seasonal Vegetables
~
Chocolate Mousse
& Mandarins

Tuesday

Roast Chicken, Sage & Onion
Stuffing, Creamed Potatoes
& Gravy
~
Seasonal Vegetables
~
Frozen Strawberry Yoghurt

Wednesday

Healthy British Beef Burger in a
Bun with Lettuce, Tomato &
Sautéed Potatoes
~
Seasonal Vegetables
~
Bakewell Tart & Custard

Thursday

Turkey, Vegetable & Gravy Pie
with a Puff Pastry Top
~
Seasonal Vegetables
~
Chocolate Cookie

Friday

Fishy Friday
Breaded Gluten Free Pollock
Fillet & Crispy Chips
~
Seasonal Vegetables
~
Cook's Sponge & Custard



Week Two

03/09, 24/09, 15/10, 5/11,
26/11, 17/12, 07/01, 28/01,
18/02

Monday

Beef & Bean Hotpot Bake
~
Seasonal Vegetables
~
Homemade Rice Pudding



Tuesday

Roast Pork Loin, Apple Sauce,
Mashed Potatoes, Stuffing
& Gravy
~
Seasonal Vegetables
~
Chocolate Brownie

Wednesday

Breaded Chicken Breast in a
Bun & Oven Baked
Seasoned Wedges
~
Seasonal Vegetables
~
Cornflake Tart & Custard

Thursday

Ham & Cheese
Catherine Wheels
~
Seasonal Vegetables
~
Jelly & Watermelon Slice

Friday

Fishy Friday
MSC Fish Fingers & Crispy Chips
~
Seasonal Vegetables
~
Cook's Sponge & Custard

Week Three

10/09, 01/10, 22/10, 12/11,
03/12, 24/12, 14/01, 04/02

Monday

Sausage & Bacon Bake with
Crispy Hash Browns
~
Seasonal Vegetables
~
Vanilla Ice Cream & Peaches



Tuesday

Traditional Roast Beef,
Yorkshire Pudding, Roast
Potatoes & Gravy
~
Seasonal Vegetables
~
Homemade Flapjack

Wednesday

Homemade Pizza made with
Wholemeal Flour & Oven
Baked New Potatoes
~
Seasonal Vegetables
~
Cook's Sponge & Custard

Thursday

Cook's Choice Chicken Curry,
Wholegrain Rice & Naan Bread
~
Seasonal Vegetables
~
Strawberry Mousse

Friday

Fish Friday
MSC - Harry Ramsden's
Seaside Salmon Fillet
& Crispy Chips
~
Seasonal Vegetables
~
Chocolate Cracknel Cake



Served in all our Schools Daily; Selection of Homemade Sandwiches, Jacket Potato, Fresh Bread, Freshly Prepared Salad Bar, Locally Sourced Yoghurts, Fresh Fruit and Fresh Water or No Added Sugar Fruit Cordial.

Our menus are compliant with the School Food Standards - we only serve Farm Assured Meat, MCS Fish and Free Range Eggs. Lo-Salt is always used as well as Low Fat Milk and Yoghurts - Over 80% of our dishes are made fresh in our School Kitchens allowing us to reduce Salts, Sugars and Fats in all our recipes, "Health by Stealth". If you require advice regarding allergens, please contact the Unit Catering Manager

