

WEEK ONE

This menu will run on w/c:

3rd September, 24th September, 15th October, 12th November and 3rd December

MONDAY

Local Butchers Sausage
or
Vegetarian Sausage
or
Jacket Potato with a choice of fillings
or
School Lunch Box
or
Fresh Mash Potato
Baked Beans
Peas
Salad Selection

Iced Sponge
or
Fruit Tray

or

TUESDAY

Wholegrain Pasta with Bolognese Sauce
or
Winter Warmer Veggie Soup served with Crusty Bread
or
Jacket Potato with a choice of fillings
or
School Lunch Box
or
Salad Selection

Ice Cream Factory
or
Fruit Tray

WEDNESDAY

Roast Topside of Beef served with gravy & Yorkshire Pudding
or
Cheesy Bean Yorkshire Pudding
or
Jacket Potato with a choice of fillings
or
School Lunch Box
or
Roast Potatoes
Fresh Seasonal Vegetables
Salad Selection

Toffee Apple Crumble with Custard
or
Fruit Tray

THURSDAY

Chicken Pie
or
Mild Vegetable Chilli
or
Jacket Potato with a choice of fillings
or
School Lunch Box
or
Homemade Seasoned Potato Wedges
Fresh Broccoli
Peas & Sweetcorn
Salad Selection

Chocolate Crunch with Fruit Slices
or
Fruit Tray

FRIDAY

Choice of Fish Fillet
or
Southern Coated Quorn Burger
or
Jacket Potato with a choice of fillings
or
School Lunch Box
or
Crispy Chips
Peas & Sweetcorn
Salad Selection

Fresh Fruit Bar
or
Cheese & Biscuits

or

Fresh Salad Bar and choice of Fresh Fruit or Yogurt everyday Fresh milk or drinking water available each day

References are from the Essex and Suffolk recipe book unless otherwise stated.

All menus assume 95% production of meat/protein item, 5% vegetarian

WEEK TWO

This menu will run on w/c:

10th September, 1st October, 29th October, 19th November and 10th December



MONDAY

Pizza Day!
Choose from Pepperoni or
Cheese & Tomato
or
Jacket Potato with a
choice of fillings
or
School Lunch Box
or
Wholegrain Pasta
Salad Selection
or
Fresh Fruit Bar
or
Choice of Yoghurts

TUESDAY

Minced Beef with Crispy
Potato Topping
or
Roasted Vegetable Nachos
or
Jacket Potato with a
choice of fillings
or
School Lunch Box
or
Crusty Bread
Peas & Sliced Carrots
Salad Selection
or
Chocolate Marble Sponge
served with Chocolate
Sauce
or
Fruit Tray

WEDNESDAY THURSDAY

Roast Gammon served
with gravy & Yorkshire
Pudding
or
Braised Quorn Fillet
or
Jacket Potato with a
choice of fillings
or
School Lunch Box
or
Roast Potatoes
Fresh Seasonal Vegetables
Salad Selection
or
Apple & Cinnamon
Brownie with Ice Cream
or
Fruit Tray

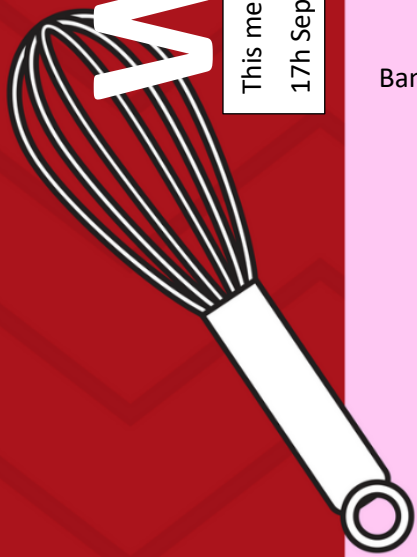
FRIDAY

Omega 3 Fish Fingers
or
Cheese Omelette
or
Jacket Potato with a
choice of fillings
or
School Lunch Box
or
Crispy Chips
Baked Beans
Salad Selection
or
Jam Sponge with Custard
or
Cheese & Biscuits
or

Fresh Salad Bar and choice of Fresh Fruit or Yogurt everyday Fresh milk or drinking water available each day

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WEEK THREE

This menu will run on w/c:
17th September, 8th October, 5th November, 26th November and 17th December

MONDAY

Three Cheese & Tomato Wholegrain Pasta Bake
or
Mild Chilli Con Carne with Wholegrain Rice
or
School Lunch Box
or
Bloomer Bread Salad Selection
or
Banana and Caramel Cake with Custard
or
Fruit Tray
or
Choice of Yoghurts

TUESDAY

All Day Breakfast Sausage, Bacon, Hash Brown, Baked Beans, Scrambled Egg, Tomato & Mushrooms
or
Vegetarian All Day Breakfast
or
Jacket Potato with a choice of fillings
or
School Lunch Box
or
Fresh Fruit Bar
or
Cheese & Biscuits
or

WEDNESDAY

Roast Chicken served with gravy & Yorkshire Pudding
or
Braised Quorn Fillet
or
Jacket Potato with a choice of fillings
or
School Lunch Box
or
Roast Potatoes Fresh Seasonal Vegetables Salad Selection
or
Creamy Rice Pudding topped with Jam & Peaches
or
Fruit Tray

THURSDAY

Beef Lasagne
or
Cheese & Potato Pie
or
Jacket Potato with a choice of fillings
or
School Lunch Box
or
Bloomer Bread Choice of Vegetables Salad Selection
or
Goosey Lemon Pudding with Ice Cream
or
Fruit Tray
or

FRIDAY

Omega 3 Fish Fingers
or
Bacon Baguette
or
Jacket Potato with a choice of fillings
or
School Lunch Box
or
Crispy Chips Salad Selection
or
Pear Drop Tart
or
Cheese & Biscuits
or

Fresh Salad Bar and choice of Fresh Fruit or Yogurt everyday Fresh milk or drinking water available each day

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