

Spring Term Menu



WEEK ONE

Choose from either...

- Monday**
- M** Pork Meatballs & Tomato Sauce* **DE**
 - V** Veggie Balls & Tomato Sauce **GDE** **V**
 - JP** Cheese **GE**
- Served with
Rice **GDE** / Mixed Vegetables
- Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Tuesday**
- M** Beef Burger **DE**
 - V** Vegetable Burger **DE** **V**
 - JP** Baked Beans **GDE** **V**
- Served with
Potato Bites **GDE** / Peas
- Dessert
Shortbread **E**

Choose from either...

- Wednesday**
- M** Beef Bolognese **DE**
 - V** Lentil Bolognese **DE** **V**
 - JP** Cheese **GE**
- Served with
Pasta **DE** / Sweetcorn
- Dessert
Vanilla & Strawberry Mousse **GE**

Choose from either...

- Thursday**
- M** Roast Chicken & Gravy **GDE**
 - V** Roast Quorn & Gravy **GD**
 - JP** Tuna & Sweetcorn with Mayo **GD**
- Served with
Roast Potatoes **GDE** / Carrots
- Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Friday**
- M** Fish Fingers **DE**
 - V** Vegan Sausages **GDE** **V**
 - JP** Cream Cheese Bagel with Cucumber **E**
- Served with
Saute Potatoes **GDE** / Garden Peas
- Dessert
Blueberry Muffin

WEEK TWO

Choose from either...

- Monday**
- M** Hot Dog* **DE**
 - V** Veggie Dogs **DE** **V**
 - JP** Cheese **GE**
- Served with
Sweetcorn / Baked Beans
- Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Tuesday**
- M** Meatfree Bolognese **DE** **V**
 - V** Cheesy Pasta **E**
 - JP** Baked Beans **GDE** **V**
- Served with
Pasta **DE** / Mixed Vegetables
- Dessert
Cake Slice **GD**

Choose from either...

- Wednesday**
- M** Breaded Chicken Steak **DE**
 - V** Vegetable Fingers **DE** **V**
 - JP** Chicken Korma **GE**
- Served with
Oven Baked Chips **GDE** / Peas
- Dessert
Frozen Fruit Smoothie **GDE**

Choose from either...

- Thursday**
- M** Mild Beef Chilli **GDE**
 - V** Three Bean Chilli **GDE** **V**
 - JP** Cheese **GE**
- Served with
Rice **GDE** / Sweetcorn
- Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Friday**
- M** Chicken Sausages & Gravy **GDE**
 - V** Veggie Nuggets **DE** **V**
 - JP** Tuna Pasta Salad **D**
- Served with
Roast Potatoes **GDE** / Carrots
- Dessert
Pancake

WEEK THREE

Choose from either...

- Monday**
- M** Chicken Korma **GE**
 - V** Lentil Dahl **GDE** **V**
 - JP** Spaghetti Hoops **DE** **V**
- Served with
Rice **GDE** / Mixed Vegetables
- Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Tuesday**
- M** Sausage Roll* **DE**
 - V** Vegan Sausage Roll **DE** **V**
 - JP** Cheese **GE**
- Served with
Skin-on Potato Wedges **GDE** / Baked Beans
- Dessert
Mini Jammie Dodgers **DE** **V**

Choose from either...

- Wednesday**
- M** Italian Chicken **DE**
 - V** Veggie Lasagne **E**
 - JP** Baked Beans **GDE** **V**
- Served with
Pasta **DE** / Garlic Bread **E** / Sweetcorn
- Dessert
Vanilla & Chocolate Mousse **GE**

Choose from either...

- Thursday**
- M** Roast Ham & Gravy* **GDE**
 - V** Cheese Omelette **G**
 - JP** Houmous & Grated Carrot **GDE** **V**
- Served with
Roast Potatoes **GDE** / Carrots
- Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Friday**
- M** Rice Crispy Coated Salmon **GDE**
 - V** Vegan Quorn Dippers **DE** **V**
 - JP** Wholemeal Cheese & Tomato Pizza **E**
- Served with
Potato Bites **GDE** / Garden Peas
- Dessert
Brownie Bites **D**

Check the Schedule

- M** - Main
- V** - Vegetarian
- JP** - Jacket Potato

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- D** - Dairy Free
 - G** - Gluten Free
 - E** - Egg Free
 - V** - Vegan
 - * - Contains Pork
- All meals are served with vegetables



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Allergies and Free-From Meals

On our menu, after each meal are some, or one, or no letters - either D, G or E. These refer to allergies that affect some children.

- D** - Signifies that a meal is Dairy Free
- G** - Signifies that a meal is Gluten Free
- E** - Signifies that a meal is Egg Free
- ✓** - Signifies that a meal is Vegan

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free, one which is Egg Free and one which is Vegan. All our meals are Nut Free.

If your child has any of these special dietary requirements, please be sure to tick the box for the meal that suits your child each day.

Our seasonal menu is written using the School Food Plan guidelines and includes a variety of different protein sources, oily fish, two 50% fruit-based desserts a week and a meat-free day...

Check the Schedule overleaf

CENSUS DAY!

Choose from

M Beef Lasagne & Wedges **E**

V Vegan sausages & Wedges **GDE** **✓**

JP Cheese **GE**

Thursday
18th January

Dessert

Mini choc chip cookies

 **FORERUNNER**
MORE THAN JUST A MEAL

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