Lunch Menu Term 1

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 29th Aug 26th Sept 24th Oct 21st Nov 19th Dec 16th Jan	Spaghetti Bolognaise Or Ham & Cheese Melt Garden Peas Salad Selection Pasta Salad Mashed Potato Gravy Muffin, Fruit or Yoghurt	Homemade Breaded Chicken Goujons & Dip Or Chicken Wrap Diced Carrots Salad Selection Herb Diced Potato Jelly Pot, Fruit or Yoghurt	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Oven Baked Breaded Fish Fingers Sweetcorn, Broccoli Florets Mashed Potato Fresh Fruit or Fresh Yoghurt	Roast Breast of Chicken Or Roast Pork Traditional Stuffing Fresh Diced Carrots, Broccoli Florets Oven Roast Potato Mashed Potato, Gravy Rice Krispie Square, Fruit or Yoghurt	Oven Baked Sausage Or Peppered Chicken Garden Peas Tossed Salad Baked Beans Baked Potato Chips Ice Cream Tub & Fruit Pieces
WEEK 2 5th Sept 3rd Oct 31st Oct 28th Nov 26th Dec 23rd Jan	Homemade Margherita Pizza Ham & Cheese Pizza Or Chicken Panini Garden Peas Tossed Salad Herb Diced Potato Flakemeal Biscuit & Water Melon Slice	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Steak Burger Broccoli Florets Carrots Mashed Potato, Gravy Muffin, Fruit or Yoghurt	Italian Pasta Bake Or Fresh Breaded Fish Goujons Baked Beans Sweetcorn / Garden Peas Mashed Potato Jelly Pot, Fruit or Yoghurt	Roast Breast of Chicken Or Chicken Crumble Traditional Stuffing Fresh Diced Carrots / Parsnip Oven Roast Potato Mashed Potato, Gravy Cookie, Fruit or Yoghurt	Chicken Nuggets Or Beef Lasagne Sweetcorn Salad Selection Mashed Potato Chips Frozen Yoghurt & Fruit Pieces
WEEK 3 12th Sept 10th Oct 7th Nov 5th Dec 2nd Jan 30th Jan	Oven Baked Breaded Fish Fingers Or Savoury Mince Carrots Garden Peas Mashed Potato Fresh Fruit or Fresh Yoghurt	Breast of Chicken Curry & Boiled Rice & Naan Bread Or Chicken Panini / Wrap Sweetcorn Broccoli Florets Herb Diced Potato Jelly Pot, Fruit or Yoghurt	Homemade Breaded Chicken Goujons & Dip Or Cottage Pie Salad Selection Baked Beans, Diced Turnip Mashed Potato, Gravy Flakemeal Biscuit, Fruit or Yoghurt	Roast Gammon Or Chicken & Pasta Bake Traditional Stuffing Fresh Baton Carrots Cauliflower Florets, Mashed Potato, Oven Roast Potato Gravy Ginger Biscuit , Fruit or Yoghurt	Oven Baked Sausages Or Macaroni Cheese Garden Peas Coleslaw Baked Potato Chips Ice Cream & Fruit Pieces
WEEK 4 19th Sept 17th Oct 14th Nov 12th Dec 9th Jan 6th Feb	Steak Burger Or Stuffed Bacon Roll Baked Beans Sweetcorn Broccoli Florets Mashed Potato, Gravy Fresh Fruit or Fresh Yoghurt	Pasta Bolognaise Or Fresh Breaded Fish Goujons Fresh Baton Carrot Garden Peas Herb Diced Potato Parsley Sauce Flakemeal Biscuit, Fruit or Yoghurt	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Oven Baked Sausage Garden Peas Diced Carrots Mashed Potato, Gravy Jelly, Fruit or Yoghurt	Roast Breast of Chicken Or Flaked Salmon Wrap Traditional Stuffing Broccoli Floret Tossed Green Salad Oven Roast Potatoes Mashed Potato, Gravy Shortbread, Fruit or Yoghurt	Homemade Margherita Pizza Or Marinated Chicken & Vegetable Stir-Fry Noodles Sweetcorn, Salad Selection Chips Ice Cream & Fruit Pieces

Education Authority

Breads
Milk, Water
A choice of Fresh Fruit or Yoghurt Available Daily

Rice, Pasta, Noodles, Potatoes and Gravy can be served Daily

If You Require Any Additional Information on Allergens or Special Diets Please Contact the School to complete a Special Diets Application Form

Fresh Fish & Chicken Nuggets May Contain Bones