



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT SPECIALS...

Chicken Korma with Rice

Chicken in a tasty mild curry sauce with rice

Cheese & Tomato Pasta

Creamy cheese sauce with tomatoes & pasta

Cheese & Tomato Pizza

Deep pan pizza with a cheese & tomato topping

Salmon & Broccoli Pasta

Salmon flakes with broccoli & sweetcorn in a white pasta sauce

Roast Gammon with Roast Potatoes & Gravy

Veggie Sausage & Roast Potatoes with Gravy
Quorn sausages & potatoes with vegetarian gravy

Beef Burger in a Bun with Baked Beans

Beef burger with optional ketchup

Butternut Squash & Chickpea Curry with Rice

Chunky vegetables in a mild korma sauce

Fish & Chips

Traditional battered fish

Veggie Nuggets & Chips

Shaped breaded Quorn nuggets

DAILY FAVES...

Jacket Potato with baked beans

Jacket Potato with Quorn bolognese

Jacket Potato with cheese

Jacket Potato with tuna & cucumber mayo

Jacket Potato with cheese

WEEK 3

W/C: 07/09, 28/09, 19/10, 09/11, 30/11, 21/12, 11/01, 01/02, 22/02, 15/03, 05/04

SIDES...

Mixed Vegetables or Salad

Green Beans or Salad

Seasonal Cabbage & Carrot Mix

Peas & Sweetcorn or Salad

Baked Beans or Salad

PICK A PUD!

Apple & Mango Drizzle Cake
Fruit Salad

Oat & Honey Shortbread
Fruit Salad

Melon & Orange Cocktail
Fruit Salad

Yoghurt & Fruit Slices
Fruit Salad

Banana Marble Cake & Custard
Fruit Salad



Food Super Heroes Menu

YOUR FAVOURITES available every day

OUR NEW MENU! chosen by our parents and children



£2.35

THREE WEEK MENU

SEPT '20—APRIL '21



MONDAY

HOT SPECIALS...

Beef Bolognese
A classic Italian beef bolognese
in a tomato sauce

.....
**Butternut Squash
& Chickpea Curry
with Rice** 🌱 🍃

DAILY FAVES...

Jacket Potato
with tuna &
cucumber mayo

WEEK 1

W/C: 14/09, 05/10, 26/10,
16/11, 07/12, 28/12, 18/01,
08/02, 01/03, 22/03, 12/04

SIDES...

**Green
Beans**
or
Salad

PICK A PUD!

**Yoghurt &
Granola**
.....
Fruit Salad 🍏

MONDAY

TUESDAY

**Traditional
Mac 'N' Cheese** 🍃
Macaroni in a creamy
cheese sauce

.....
**Quorn Sausage &
Bean Hotpot** 🍃
Vegetarian sausage & mixed
beans in a tomato sauce
with roast potatoes

Jacket Potato 🍃
with baked beans

**Carrots &
Sweetcorn**
or
Salad

**Melon &
Orange
Cocktail** 🍏
.....
Fruit Salad 🍏

TUESDAY

WEDNESDAY

**Roast Chicken with Roast
Potatoes & Gravy**
.....

**Cauliflower &
Sweetcorn Bake with
Roast Potatoes** 🍃
Cauliflower cheese
& sweetcorn

Jacket Potato 🍃
with cheese

**Seasonal
Cabbage &
Carrot Mix**

**Oat & Honey
Shortbread**
.....
Fruit Salad 🍏

WEDNESDAY

THURSDAY

**Sausage & Mash
with Gravy**
Pork & beef sausages
& mash with gravy

.....
**Cheese &
Tomato Pasta** 🍃
Creamy cheese sauce with
tomatoes & pasta

Jacket Potato
with tuna &
cucumber mayo

**Mixed
Vegetables**
or
Salad

**Apple &
Mango Drizzle
Cake** 🍏
.....
Fruit Salad 🍏

THURSDAY

FRIDAY

Fish & Chips
Traditional battered fish
.....

**Plain Omelette
with Chips** 🍃

Jacket Potato 🍃
with cheese

**Baked
Beans**
or
Salad

**Gingerbread
Cookie**
.....
Fruit Salad 🍏

FRIDAY

HOT SPECIALS...

**Cheese &
Tomato Pizza** 🍃
Deep pan pizza with a cheese
& tomato topping

.....
**Creamy
Chicken Pasta**
Chicken in a tomato &
basil pasta sauce

**Sausage & Mash
with Gravy**
Pork and beef sausages
& mash with gravy
.....
Bean & Lentil Casserole 🍃

**Roast Beef with Roast
Potatoes & Gravy**
.....
**Quorn Balls in Gravy
with Roast Potatoes** 🍃
Vegetarian balls in
vegetarian gravy

**Traditional
Mac 'N' Cheese** 🍃
Macaroni in a creamy
cheese sauce

.....
**Vegetable Masala
with Rice** 🌱 🍃
Chunky vegetables in a
mild masala sauce &
wholegrain rice

Fish & Chips
Traditional battered fish
.....
**Quorn Burger in a
Bun & Chips** 🍃
Quorn patty in a bun
with optional ketchup

DAILY FAVES...

Jacket Potato 🍃
with baked beans

Jacket Potato
with a tuna &
sweetcorn mayo

Jacket Potato 🍃
with cheese

Jacket Potato 🍃
with Quorn bolognese

Jacket Potato 🍃
with cheese

WEEK 2

W/C: 31/08, 21/09, 12/10,
02/11, 23/11, 14/12, 04/01,
25/01, 15/02, 08/03, 29/03

SIDES...

**Peas &
Sweetcorn**
or
Salad

**Green
Beans**
or
Salad

**Seasonal
Cabbage &
Carrot Mix**

**Mixed
Vegetables**
or
Salad

**Baked
Beans**
or
Salad

PICK A PUD!

**Muesli
Flapjack**
.....
Fruit Salad 🍏

**Banana
Marble Cake
& Custard** 🍏
.....
Fruit Salad 🍏

**Melon &
Orange
Cocktail** 🍏
.....
Fruit Salad 🍏

**Gingerbread
Cookie**
.....
Fruit Salad 🍏

**Yoghurt &
Fruit Slices** 🍏
.....
Fruit Salad 🍏

🍃 Vegetarian 🐟 Oily fish
🌱 Wholegrain 🍏 Fruity!

Water, milk, salad,
bread and fruit
available every day

Available
every day!