

Spring Term Menu

All meals are served with vegetables

WEEK ONE

Choose from either...

Monday

- M** Pork Sausages* **E**
- V** Vegan Sausages **E**
- JP** Tuna & Sweetcorn with Mayo **GD**

Served with

- Mash **GE**
- Dessert**
Fresh Fruit **GDE**
Yoghurt **GE**

Choose from either...

Tuesday

- M** Cheesy Pasta **E**
- V** Meatfree Bolognaise **DE**
- JP** Baked Beans **GDE**

Served with

- Pasta **DE**
- Dessert**
Chocolate Muffin

Choose from either...

Wednesday

- M** Roast Chicken and Gravy **GDE**
- V** Cheese & Tomato Quiche
- JP** Vegan Chilli **GDE**

Served with

- Roast Potatoes **GDE**
- Dessert**
Vanilla & Chocolate Mousset **GE**

Choose from either...

Thursday

- M** Beef Burger **DE**
- V** Veggie Burger **DE**
- JP** Cheese **GE**

Served with

- Potato Bites **GDE**
- Dessert**
Fresh Fruit **GDE**
Yoghurt **GE**

Choose from either...

Friday

- M** Fish Fingers **DE**
- V** Vegetable Samosas **DE**
- JP** Chicken Korma **GE**

Served with

- Saute Potatoes **GDE**
- Dessert**
Fruit Flapjack **DE**

WEEK TWO

Choose from either...

Monday

- M** Chicken Korma **E**
- V** Lentil Dahl **DE**
- JP** Baked Beans **GDE**

Served with

- Naan Bread **DE**

Dessert

- Gingerbread Man **E**

Choose from either...

Tuesday

- M** Sausage Roll* **DE**
- V** Vegan Sausage Roll **DE**
- JP** Cheese **GE**

Served with

- Oven Baked Chips **GDE**
- Dessert**
Mini Apple & Raspberry Doughnut **DE**

Choose from either...

Wednesday

- M** Chicken & Bacon Sauce* **DE**
- V** Herby Tomato Sauce **DE**
- JP** Tuna & Sweetcorn with Mayo **GD**

Served with

- Pasta **DE**
- Dessert**
Pancake

Choose from either...

Thursday

- M** Roast Ham and Gravy* **GDE**
- V** Quorn Dippers
- JP** Baked Beans **GDE**

Served with

- Roast Potatoes **GDE**
- Dessert**
Fresh Fruit **GDE**
Yoghurt **GE**

Choose from either...

Friday

- M** MSC Battered Pollock Fillet **DE**
- V** Chickpea Ratatouille **GDE**
- JP** Mild Beef Chilli **GDE**

Served with

- Crispy Diced Potatoes **GDE**
- Dessert**
Blueberry Muffin

WEEK THREE

Choose from either...

Monday

- M** Pork Meatballs & Tomato Sauce* **DE**
- V** Veggie Balls and Tomato Sauce **DE**
- JP** Cheese **GE**

Served with

- Pasta **DE**
- Dessert**
Cake Slice **GD**

Choose from either...

Tuesday

- M** Chicken Nuggets **DE**
- V** Three Bean Casserole **GDE**
- JP** Tuna & Sweetcorn with Mayo **GD**

Served with

- Wedges **GDE**
- Dessert**
Vanilla & Strawberry Mousse **GE**

Choose from either...

Wednesday

- M** Roast Turkey and Gravy **GDE**
- V** Vegan Quorn and Gravy **DE**
- JP** Lentil Bolognaise **GDE**

Served with

- Roast Potatoes **GDE**
- Dessert**
Fresh Fruit **GDE**
Yoghurt **GE**

Choose from either...

Thursday

- M** Beef Lasagne **E**
- V** Veggie Lasagne **E**
- JP** Baked Beans **GDE**

Served with

- Garlic Bread **E**
- Dessert**
Mini-biscuit pack **E**

Choose from either...

Friday

- M** Bubble Coated Salmon **GDE**
- V** Veggie Nuggets **DE**
- JP** Cheese **GE**

Served with

- Saute Potatoes **GDE**
- Dessert**
Lemon Traycake

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					

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	31		

APRIL

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

FORERUNNER
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- D** - Dairy Free
- G** - Gluten Free
- E** - Egg Free
- * - Contains Pork

Please note:
We work from a nut free premises but some purchased items may contain traces of nuts

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

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free and one that is Egg Free.

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 two meat-free days.

Check the
Schedule
overleaf

VEGANUARY

20TH JANUARY



Choose from

V

VEGAN Pizza Roll with Chips **DE**

V

VEGAN Lasagne with Garlic Bread **DE**

JP

Baked Beans **GDE**

Dessert

VEGAN Brownie **DE**

Check out our
VEGANUARY
MENU!

Awesome!