

SCHOOL MENU WEEK A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Pizza	Toad in the Hole made with Butchers Sausages and gravy	Roast Chicken, Yorkshire Pudding and gravy	Savoury Mince and Dumplings	Oven Baked Crispy Cod Fillet
OR	OR	OR	OR	OR
Vegetarian Pizza	Vegetarian Toad in the Hole served with vegetarian gravy	Quorn Fillet with vegetarian gravy	Vegetarian Mince and Dumplings	Cheddar Whirls
Baked Beans Couscous	Fresh creamy mashed potatoes Mixed vegetables	Crispy Roast Potatoes Fresh Broccoli Cauliflower Florets	Parsley Potatoes Carrots Cabbage	Chipped Potatoes Golden Sweetcorn Baked Beans
Ice Cream and Fruit	Chocolate Sponge and Chocolate Sauce	Fruit Jelly and Cream	Homemade Cheesecake topped with Seasonal Fruit	Apricot Flapjack

**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

SCHOOL MENU WEEK B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bacon and Tomato Pasta Served with Herby Bread OR Quorn Pasta Bake Served with Herby Bread	Homemade Chicken Nuggets made with Breast of Chicken OR Vegetarian Sausages	Local Roast Beef Served with Yorkshire Pudding and gravy OR Vegetable and Bean Gratin	Homemade Shepherds Pie OR Vegetarian Shepherdess Pie	Cod Fish Fingers and Tomato Sauce OR Quorn Burger
Salad Bar	creamy Mashed Potatoes Garden Peas Glazed Carrots	Crispy Roast Potatoes Fresh Broccoli Cauliflower Florets	Garden Peas Fresh Sliced Carrots	Chipped Potatoes Baked Beans
Peach Melba	Lemon Cookie with Fruit Wedge	Cream Cracker with Cheddar Cheese, grapes and Celery	Iced Sponge Squares	Syrup and Cornflake Tart and Custard

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SCHOOL MENU WEEK C

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Baked Salmon Fillet in Wholemeal Crumb	Traditional Beef Lasagne with Garlic Bread	Succulent Local Roast Loin of Turkey with Stuffing and Yorkshire Pudding. Served with gravy	Chicken Italienne	Butchers Beef Burger in a Warmed Bap
OR	OR	OR	OR	OR
Pizza Whirl	Macaroni Cheese with Garlic Bread	Roasted Vegetable Bake with Vegetarian gravy	Cheese and Potato Roulade	Vegetarian Burger in a Warmed Bap
Parsley Potatoes Gardens Peas	Crunchy Coleslaw	Crispy Roast Potatoes Broccoli Florets Glazed Carrots	Parsley Potatoes Sweetcorn Mixed Salad	Potato Wedges Baked Beans
Chocolate Pudding and Chocolate Custard	Cherry and Oat Fingers	Creamy Rice Pudding and Jam	Fruit Crumble and Custard	Fruit Platter

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SCHOOL MENU WEEK D

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Spaghetti Bolognese with Garlic Bread	Homemade Chicken Nuggets made with Breast of Chicken	Local Roast Pork with Yorkshire Pudding and Apple Sauce, served with gravy	Homemade Chicken and Vegetable Pie and gravy	Oven Baked Breaded Cod Fillet
OR	OR	OR	OR	OR
Homemade Vegetarian Bolognese with Garlic Bread	Homemade Vegetable Pasty	Vegetable Sausage under wraps with Vegetarian gravy	Cheddar Catherine Wheel	Vegetable Burger in a Warmed Bap
Tomato and Onion Salad with Fresh Basil	Oven Baked Jacket Wedges Creamy Coleslaw	Crispy Roast Potatoes Fresh Broccoli Fresh Sliced Carrots	Fresh Mashed Potato Garden Peas	Chipped Potatoes Baked Beans
Apricot Oat Cake	Chocolate Sponge with Chocolate Custard	Fresh Fruit Salad	Fruit Jelly and Ice Cream	Homemade Flapjack

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