

## SCHOOL MENU WEEK M

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Burger in a warmed bap  OR Quorn Burger	Shepherd's Pie  OR Macaroni Cheese	Local Roast Chicken, Yorkshire Pudding and gravy  OR Roasted Quorn Fillet	Sausage Pasta Bake  OR Pizza Whirl with 1/2 Jacket Potato	Oven Baked Fillet of Fish in Breadcrumbs  OR Vegetable Nuggets
Home Baked Potato wedges Homemade Coleslaw Fresh Salad Selection	Crusty French Bread Fresh Seasonal Vegetables Salad Bar	Crispy Roast Potatoes Fresh Seasonal Vegetables Salad Bar	Golden Sweetcorn Fresh Salad Selection	Chips Garden Peas Baked Beans
Homemade Shortbread and Angel Delight  OR <b><u>Packed Lunch</u></b>	Ice Cream and Jelly  OR <b><u>Packed Lunch</u></b>	Banoffee Pie  OR <b><u>Packed Lunch</u></b>	Raspberry Bun  OR <b><u>Packed Lunch</u></b>	Bakewell Tart with Custard  OR <b><u>Packed Lunch</u></b>
Long Soft Roll filled with Grated Cheese Salad Bar Mix	Long Soft Roll filled with Tuna Mayonnaise Salad Bar Mix	Long Soft Roll filled with Sliced Ham Salad Bar Mix	Long Soft Roll filled with Egg Mayonnaise Salad Bar Mix	Long Soft Roll filled with Grated Cheese Salad Bar Mix
Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit

**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 N

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Bolognaise	Crispy Chicken Wrap	Local Roast Turkey Served with Yorkshire Pudding in a rich gravy	<b>ALL DAY BREAKFAST</b> <i>Bacon, Sausage, Egg, Hash Browns, Baked Beans, Tomato and Mushrooms</i>	Crispy Fish Fingers
OR	OR	OR	OR	OR
Jacket Potato with Cheese and Beans	Cheese and Leek Fritter	Yorkshire Pudding filled with Roasted Vegetables	<b>VEGETARIAN DAY BREAKFAST</b> <i>2 Vegetarian Sausage, Egg, Hash Browns, Baked Beans, Tomato and Mushrooms</i>	Crispy Vegetarian Finger
Fresh Salad Selection	Potato Wedges Fresh Salad Selection	Crispy Roast Potatoes Fresh Seasonal Vegetables		Chips Baked Beans Garden Peas
Peach Sponge and Custard	Oat Cookie and Fruit Wedge	Apple Muffin	Sweet American Pancakes, Ice Cream and sauce	Iced Chocolate Sponge
OR	OR	OR	OR	OR
<b><u>Packed Lunch</u></b>	<b><u>Packed Lunch</u></b>	<b><u>Packed Lunch</u></b>	<b><u>Packed Lunch</u></b>	<b><u>Packed Lunch</u></b>
Long Soft Roll filled with Grated Cheese Salad Bar Mix	Long Soft Roll filled with Tuna Mayonnaise Salad Bar Mix	Long Soft Roll filled with Sliced Ham Salad Bar Mix	Long Soft Roll filled with Egg Mayonnaise Salad Bar Mix	Long Soft Roll filled with Grated Cheese Salad Bar Mix
Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit

**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 0

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salmon Bites	Spaghetti Bolognese or Lasagne	Local Roast Chicken served with Yorkshire Pudding In a rich gravy	Homemade Sausage Roll with Chunky Jacket Wedges	Homemade Chicken Nuggets
OR	OR	OR	OR	OR
Cheese and Tomato Pasta Bake	Oven Baked Jacket Potato Stuffed with Cheese and Broccoli	Vegetarian Toad in the Hole	Vegetable Curry with Rice	Roasted Vegetable Stack
Herby Diced Potatoes Garden Peas Fresh Salad Selection	Seasonal Vegetables Fresh Salad Selection	Crispy Roast Potatoes Seasonal Vegetables Fresh Salad Selection	Homemade Coleslaw Fresh Salad Selection	Chips Baked Beans Fresh Salad Selection
Chocolate Brownie	Iced Fruit Smoothie	Cheese, Grapes and Crackers	Sticky Toffee Pudding	Fresh Fruit Platter
OR	OR	OR	OR	OR
<b><u>Packed Lunch</u></b>	<b><u>Packed Lunch</u></b>	<b><u>Packed Lunch</u></b>	<b><u>Packed Lunch</u></b>	<b><u>Packed Lunch</u></b>
Long Soft Roll filled with Grated Cheese Salad Bar Mix	Long Soft Roll filled with Tuna Mayonnaise Salad Bar Mix	Long Soft Roll filled with Sliced Ham Salad Bar Mix	Long Soft Roll filled with Egg Mayonnaise Salad Bar Mix	Long Soft Roll filled with Grated Cheese Salad Bar Mix
Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit

**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 P

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Pizza with an assortment of toppings	Homemade Lasagne	Local Roast Gammon served with Yorkshire Pudding in gravy	Homemade Chicken Casserole with Dumplings	Hot Dog <i>Butcher's Sausage in a warmed finger roll</i>
	OR	OR	OR	OR
	Vegetarian Lasagne	Vegetable Kiev	Cheesy Bean Yorkshire	Vegetarian Hot Dog
Pasta Salad Homemade Coleslaw Fresh Salad Selection	Garlic Bread Fresh Salad Selection	Crispy Roast Potatoes Fresh Seasonal Vegetables Fresh Salad Selection	Mashed Potato Fresh Seasonal Vegetables Fresh Salad Selection	Chips Baked Beans Fresh Salad Selection
Oat Cookies	Chocolate Sponge and Chocolate Sauce	Fresh Fruit Platter	Assorted Ice Cream	Chocolate Drizzle Flapjack
OR	OR	OR	OR	OR
<b><u>Packed Lunch</u></b>	<b><u>Packed Lunch</u></b>	<b><u>Packed Lunch</u></b>	<b><u>Packed Lunch</u></b>	<b><u>Packed Lunch</u></b>
Long Soft Roll filled with Grated Cheese Salad Bar Mix	Long Soft Roll filled with Tuna Mayonnaise Salad Bar Mix	Long Soft Roll filled with Sliced Ham Salad Bar Mix	Long Soft Roll filled with Egg Mayonnaise Salad Bar Mix	Long Soft Roll filled with Grated Cheese Salad Bar Mix
Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit

**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.