

SCHOOL MENU WEEK E

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Day: Ham and Pineapple Pizza	Chicken Tortilla Wrap	Local Roast Chicken, Yorkshire Pudding and gravy	Spaghetti Bolognese	Cod Fish Fingers
OR	OR	OR	OR	OR
Cheese and Tomato Pizza	Roasted Vegetable Wrap	Ratatouille Pasta	Vegetarian Bolognese	Vegetable Nuggets
Herby Diced Potatoes Creamy Coleslaw Salad Bar	Oven Baked Jacket Wedges Salad Bar	Roast Potatoes Fresh Cabbage Fresh Carrots Salad Bar	Whole Green Beans Cauliflower Florets Salad Bar	Chipped Potatoes Garden Peas Baked Beans Salad Bar
Chocolate Marble Sponge and Custard	Angel Delight with Shortbread Finger	Fresh Fruit Salad and Cream	Iced Apple Sponge	Homemade Oat Cookies

**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 F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Burger (made with 100% Chicken Breast) served in a Warm Bap OR Homemade Vegetable Burger	Traditional Beef Lasagne served with Garlic Bread OR Vegetarian Lasagne served with Garlic Bread	Local Gammon Served with Yorkshire Pudding and gravy OR Cheesy Bean Yorkshire Pudding	Chicken Jambalaya OR Macaroni Cheese served with Crusty Bread	Crispy Cod Fillet OR Vegetable Nuggets
Oven Baked Jacket Wedges Sweetcorn Salad Bar	Salad Bar	Crispy Roast Potatoes Fresh Broccoli Fresh Carrots Salad Bar	Salad Bar	Chipped Potatoes Garden Peas Salad Bar
Melting Moments	Homemade Fruity Flapjack	Peaches and Ice Cream	Chocolate Iced Sponge Cake	Banana Chocolate Finger

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SCHOOL MENU WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Butcher's Sausage served in a long Soft Roll OR Vegetarian Sausage served in a Long Soft Roll	Beef Lasagne served with Garlic Bread OR Jacket Potato topped with Baked Beans	Roast Beef and Yorkshire Pudding Served with gravy OR Cheese Whirls	Quiche Lorraine served with Savoury Rice Salad OR Spaghetti Napolitaine served with Garlic Bread	Homemade Chicken Nuggets OR Quorn Dippers
New Potatoes Baked Beans Salad Bar	Salad Bar	Crispy Roast Potatoes Fresh Cabbage Fresh Carrots Salad Bar	Salad Bar	Chipped Potatoes Garden Peas Sweetcorn Salad Bar
Homemade Carrot Cake	Vanilla and Chocolate Pinwheel	Fruit Jelly and Ice Cream	Cherry Oat Fingers	Orange Sponge and Custard

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SCHOOL MENU WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Homemade Macaroni Cheese served with Crusty Bread</p> <p style="text-align: center;">OR</p> <p>Jacket Potato topped with Chilli</p> <p style="text-align: center;">OR</p> <p>Tomato and Sweetcorn Salad Salad Bar</p> <p style="text-align: center;">OR</p> <p>Oat Cookie and Grapes</p>	<p>Butcher's Sausages</p> <p style="text-align: center;">OR</p> <p>Vegetarian Sausages served with Gravy</p> <p style="text-align: center;">OR</p> <p>Creamy Mashed Potatoes Whole Green Beans Fresh Cauliflower Salad Bar</p> <p style="text-align: center;">OR</p> <p>Ice Cream Jamaica</p>	<p>Local Roast Turkey with Yorkshire Pudding served with gravy</p> <p style="text-align: center;">OR</p> <p>Quorn Fillet with Vegetarian Gravy</p> <p style="text-align: center;">OR</p> <p>Crispy Roast Potatoes Fresh Broccoli Fresh Carrots Salad Bar</p> <p style="text-align: center;">OR</p> <p>Fresh Fruit Platter</p>	<p>Buffet Day: Roast Turkey Sliced Ham Grated Cheese Potato Salad</p> <p style="text-align: center;">OR</p> <p>Coleslaw Beetroot Fresh Tomatoes Cucumber Sticks Apple and Celery Salad</p> <p style="text-align: center;">OR</p> <p>French Bread Salad Bar</p> <p style="text-align: center;">OR</p> <p>Chocolate Sponge and Chocolate Sauce</p>	<p>Pizza Whirl</p> <p style="text-align: center;">OR</p> <p>Crispy Salmon Bites</p> <p style="text-align: center;">OR</p> <p>Chipped Potatoes Garden Peas Sweetcorn Salad Bar</p> <p style="text-align: center;">OR</p> <p>Apple Shortbread</p>

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