

Winter/ Spring 2017-18 • Pupils' Extra Choice



# SCHOOL LUNCH MENU



## Menu Cycle WEEK ONE

Served week commencing:  
30th October • 20th November • 11th December • 3rd January  
22nd January • 19th February • 12th March

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| <b>MONDAY</b>    | Sweet Chilli Chicken Tortilla with Vegetable Rice<br>Vegetable Stir Fry with Noodles (V)<br>Jacket Potato with Cheese (V)<br>Cold Option: Tuna Baguette                    |
| <b>TUESDAY</b>   | Sausages and Onion Gravy with Creamed Potatoes<br>Savoury Quiche with Diced Potatoes (V)<br>Jacket Potato with Cheese/ Beans<br>Cold Option: Chicken Roll                  |
| <b>WEDNESDAY</b> | Roast Chicken and Stuffing with Roast Potatoes<br>Roast Quorn Fillet with Roast Potatoes or Wholemeal Pasta (V)<br>Jacket Potato with Tuna<br>Cold Option: Cheese Baguette |
| <b>THURSDAY</b>  | Beef Bolognese with Pasta<br>Cheese Pinwheel with Potato Wedges (V)<br>Jacket Potato with Cheese/ Beans<br>Cold Option: Ham Roll   |
| <b>FRIDAY</b>    | Fish Bites with Low Fat Chips or Pasta<br>Favourite Pizza with Low Fat Chips or Pasta (V)<br>Jacket Potato with Cheese/ Beans<br>Cold Option: Free Range Egg Roll          |

## Menu Cycle WEEK TWO

Served week commencing:  
6th November • 27th November • 18th December • 8th January  
29th January • 26th February • 19th March

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| <b>MONDAY</b>    | Chicken and Tomato Pasta Bake with Side Salad<br>Quorn Nuggets with Diced Potato (V)<br>Jacket Potato with Tuna and Sweetcorn<br>Cold Option: Cheese Baguette                                  |
| <b>TUESDAY</b>   | Burger in a Bun with Potato Wedges<br>Macaroni Cheese with Garlic Bread (V)<br>Jacket Potato with Cheese/ Beans<br>Cold Option: Ham Roll   |
| <b>WEDNESDAY</b> | Roast Pork and Apple Sauce with Roast Potatoes<br>Vegetarian Roll with Roast Potatoes or Wholemeal Pasta (V)<br>Jacket Potato with Cheese and Coleslaw (V)<br>Cold Option: Free Range Egg Roll |
| <b>THURSDAY</b>  | Minced Lamb Slice with Creamed Potatoes<br>Italian Pasta Bake (V)<br>Jacket Potato with Cheese/ Beans<br>Cold Option: Tuna Baguette  |
| <b>FRIDAY</b>    | Fish Finger Wrap with Low Fat Chips or Pasta<br>Cheese and Tomato Pizza with Low Fat Chips or Pasta (V)<br>Jacket Potato with BBQ Veggie Sausage (V)<br>Cold Option: Chicken Roll              |

## Menu Cycle WEEK THREE

Served week commencing:  
13th November • 4th December • 15th January • 5th February  
5th March • 26th March

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| <b>MONDAY</b>    | Pork Grills with Tomato Rice<br>Cheese Slice with Potato Wedges (V)<br>Jacket Potato with Cheese/ Beans<br>Cold Option: Tuna Baguette  |
| <b>TUESDAY</b>   | Lasagne with Side Salad<br>Vegetable Cobbler with Diced Potatoes (V)<br>Jacket Potato with Baked Beans (V)<br>Cold Option: Free Range Egg Roll                               |
| <b>WEDNESDAY</b> | Roast Beef and Yorkshire Pudding with Roast Potatoes<br>Vegetarian Burrito with Pasta (V)<br>Jacket Potato with Cheese (V)<br>Cold Option: Chicken Roll                      |
| <b>THURSDAY</b>  | Traditional Chicken Pie with Creamed Potatoes<br>Quorn Hot Dog with Potato Wedges (V)<br>Jacket Potato with Cheese/ Beans<br>Cold Option: Cheese Roll                        |
| <b>FRIDAY</b>    | Bubble Coated Fish with Low Fat Chips or Wholemeal Pasta<br>Favourite Pizza with Low Fat Chips or Pasta (V)<br>Jacket Potato with Cheese/ Beans<br>Cold Option: Ham Baguette |



A choice of desserts including Fresh Fruit is available daily.

Freshly baked wholemeal bread, seasonal vegetables and bowl salads are available daily

All our milk is organic - fresh from the dairy

Gravy and Custard are always available separately when on the menu



Some photographs and / or garnishes have been used as illustration only. All meal prices are set by individual schools and are subject to local variations.