

School Meal Menu September 2021-July 2022

| Week 1 | Monday Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|--|
| MAIN COURSES | Crunchy topped macaroni cheese with garlic bread (V) | Chicken Burger in a bun with salad garnish (Freemans) | Top crust steak pie with gravy and herby mash (Freemans) | Chicken fillet with Yorkshire pudding and gravy oven roast potatoes (Freemans) | Breaded fish fingers with tomato sauce (410034) |
| | Omelette with crusty bread and fresh salads (V) (660087 and 660086) free range egg | Minced beef with glazed dumpling mash (Freemans) | Chunky chicken curry with sunshine rice (Freemans) | Cottage Pie with root vegetable mash topping (Freemans) | Chef's Special pizza with assorted fresh salads |
| | Breaded Quorn dippers with BBQ sauce and golden potato cubes (V) (410085) | Red lentil and sweet potato curry with rice (V) | Assorted panini with crispy salad (V) (640261) | Vegetable Ravioli served with crusty bread (V) | Pasta Pomodoro (V) |
| Chef's choice of seasonal vegetables, salad cart, crispy jacket potatoes and toppings and fresh sandwiches/wraps | | | | | |
| DESSERTS Fresh fruit, yoghurt, Cheese and crackers | Baked chocolate cake with chocolate sauce | Apple and raspberry crumble with custard | Blueberry and lemon muffin with milk drink | Rice pudding with fruit puree | Fruit Friday |
| | Neapolitan angel whirl | Chocolate crispy cake | Strawberry sundae | Ice cream and fruit (820060) | Chef's choice of fruit desserts (No added sugar) |

Note: the menu is subject to availability and may vary across schools

| Week 2 | Monday Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|--|
| MAIN COURSES | Baked fish cake with potato wedges (320042) | Special curry of the day with rice (Freemans) | Roast beef with Yorkshire pudding and oven roast potatoes (Freemans) | BBQ chicken fillet with chips (410124) | Chicken pie with gravy and herby mash (Freemans) |
| | Chef's Special pizza with assorted fresh salads (V) | Beef lasagne with garlic bread (Freemans) | Low fat sausage in a bun (Freemans) | Cottage pie with crispy cheese crust (Freemans) | Baked fish fingers with lemon mayo and oven baked wedges (410034) |
| | Quorn bolognese in rich tomato sauce (V) (410086) | Vegetable and chickpea stir fry with noodles (V) | Tomato and basil pasta (V) (640261) | Falafel burger UK Foodhall (V) | Vegetable ravioli with cheese topping and crusty bread (V) |
| Chef's choice of seasonal vegetables, salad cart, crispy jacket potatoes and toppings and fresh sandwiches/wraps | | | | | |
| DESSERTS Fresh fruit, yoghurt, Cheese and crackers | Chocolate brownies with milk drink (Vegan recipe) | Steamed syrup sponge and custard | Chocolate orange puddle cake | Angel crunch | Fruit Friday |
| | Iced finger roll | Fruity delight pudding | Iced toffee yoghurt (810008) | Butterscotch cookie and milk drink | Chef's choice of fruit desserts (no added sugar) |

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| Week 3 | Monday Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|---|
| MAIN COURSES | Chef's selection of pizzas with assorted salads of the day (V) | Low fat burger in a bun (Freemans) | Minced beef and dumplings with gravy and mash (Freemans) | Spaghetti Bolognese (Freemans) | Tuna and Salmon pasta salad with crusty bread |
| | Easy peasy lentil curry & Sunshine rice (V) or Fish | Chef's special chicken curry with fluffy rice (Freemans) | Chicken wraps with crispy salad (Freemans) | Turkey and vegetable pie with gravy and mash (Freemans) | Fishcake star UK Foodhall (320066) |
| | Quorn meatballs in tomato sauce & noodles (V) (410080) | Crunchy topped macaroni cheese with garlic bread (V) | Vegetable fingers with garlic mayo & wedges (V) (390033) | Vegetable and chickpea curry with fluffy rice (V) | Cheese pie (V) |
| Chef's choice of seasonal vegetables, salad cart, crispy jacket potatoes and toppings and fresh sandwiches/wraps | | | | | |
| DESSERTS Fresh fruit, yoghurt, Cheese and crackers | Steamed syrup ginger cake and custard | Apple crumble with custard | Golden cornflake cake | Pancake with assorted toppings (660077) | Fruit Friday |
| | Chocolate ice cream sponge roll (800062) | Crunchy oat cookie | Creamy custard rice | Fruit jelly | Chef's choice of fruit desserts (No added sugar) |

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