

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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