

Regional Single Choice School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 30/8 27/9 25/10 22/11 20/12	Spaghetti Bolognese & Homemade Garlic Bread	Breaded Fish Fingers	Homemade Breaded Chicken Goujons Selection of Dipping Sauces	Roast Pork	Hot Dog Or Chicken Roll
	Baton Carrots Medley of Fresh Vegetables Mashed Potato	Garden Peas *Salad Selection Mashed Potato	Sweetcorn, *Salad Selection Mashed Potato, Hot Pasta Twists	Herb Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Mashed Potato	Baked Beans *Tossed Salad Peas Chips Mashed Potato
	Egg Sponge with Jam & Fresh Fruit	Vanilla Ice Cream & Oranges	Fresh Fruit Selection and Fresh Yoghurt	Rice Krispie Square & Fresh Fruit	Oat Biscuits & Fresh Fruit Chunks
WEEK 2 6/9 4/10 1/11 29/11	Steak Burger	Cheesy Bolo Pasta with Crusty Bread	Fresh Breaded Fish Goujons	Roast Breast of Chicken	Chicken Nuggets Or Chicken Wrap
	Gravy Broccoli Florets Fresh Baton Carrots Mashed Potato	Garden Peas Tossed Salad	with lemon slice, Tartar Sauce Baked Beans, Garden Peas Sweetcorn, *Salad Selection Mashed Potato	Herb Stuffing Gravy Cauliflower Cheese Fresh Diced carrots / Parsnip, Mashed Potato	Salsa Dip, Sweetcorn *Salad Selection Chips Baked Potato
	Chocolate Brownie & Pears	Homemade Shortbread Rounds & Fresh Fruity	Vanilla Ice Cream with Fresh Fruit	Sticky Flapjacks & Fresh Fruit	Selection of Fruit and Yoghurt
WEEK 3 13/9 11/10 8/11 6/12	Italian Pasta Bolognese	Homemade Salt & Chilli or Traditional Chicken Goujons, Selection of dipping sauces	Breaded Fish Fingers	Roast Turkey	Traditional Homemade Chicken Soup Steak Burger in Bap
	Baked Beans, Sweetcorn Broccoli Florets Mashed Potato	Baton Carrots, * Salad Selection Chips, Mashed Potato	Garden Peas Mediterranean Roasted Vegetables, Mashed Potato Baby Boiled Potatoes	Herb Stuffing Cranberry Sauce, Gravy Fresh Carrot or Parsnip Fresh Savoy Cabbage Mashed Potato	Mashed Potato, Tossed Salad Selection of breads
	Chocolate and Orange Egg Sponge & Fresh fruit	Raspberry ripple Ice Cream and Fresh Fruit Chunks	Fresh Fruit Selection and Fresh Yoghurt	Cornflake Square & Fresh Fruit	Strawberry Mousse & Fresh Fruit Salad
WEEK 4 20/9 18/10 15/11 13/12	Breast of Chicken Curry with Boiled Rice & Naan Bread	Oven Baked Sausages Or Chicken Roll	Steak Burger	Spaghetti Bolognese or Salmon fish cake Lemon Slice and Tartar Sauce	Homemade Margherita Pizza
	Garden Peas Fresh Savoy Cabbage Gravy Mashed Potato	Baked Beans Sweetcorn Baton Carrots Mashed Potato	Gravy Diced Turnip Fresh Baton Carrots Mashed Potato	Broccoli & Cauliflower Florets Mashed Potato	* Salad Selection Sweetcorn Traditional Champ Chips
	Lemon Drizzle Cake & Fruit	Flakemeal Biscuit Fingers & Fruit	Chocolate Brownie & Pears	Selection of Fruit and Yoghurt	Artic Roll & Fruit Chunks

*Breads
Milk, Water
Fresh Fruit,
Yoghurt
Available Daily*

**2 Items from
Cook's Salad
Selection
Rice Salad,
Coleslaw
Sweet Chilli Pasta
Tossed Salad
Lettuce, Cherry
Tomato
Carrot Sticks
Cucumber Sticks
Diced Red Peppers
Red Onion
Radish*

*If You Require
Any Additional
Information on
Allergens or
Special Diets
Please Contact
the School to
complete a
Special Diets
Application Form*

Rice, Pasta, Potatoes and Gravy can be served Daily



Menu choices subject to deliveries
Fresh Fish May Contain Bones