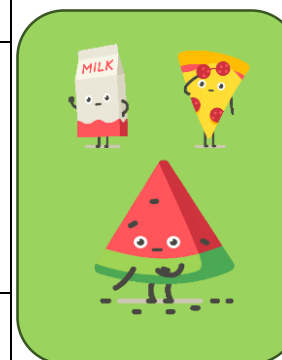


School Lunch Menu 22

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 29 th Aug 26 th Sept 24 th Oct 21 st Nov 19 th Dec 16 th Jan	Spaghetti Bolognaise Or Ham & Cheese Melt Garden Peas Salad Selection Pasta Salad Mashed Potato Gravy Sponge with Jam Topping & Custard	Homemade Breaded Chicken Goujons & Dip Or Chicken Wrap Diced Carrots Salad Selection Herb Diced Potato Jelly & Ice-Cream Slice with Orange Segments	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Oven Baked Breaded Fish Fingers Sweetcorn, Broccoli Florets Mashed Potato Fresh Fruit Or Fresh Yoghurt	Roast Breast of Chicken Or Roast Pork Traditional Stuffing Fresh Diced Carrots, Broccoli Florets Oven Roast Potato Mashed Potato, Gravy Rice Krispie Square & Custard	Oven Baked Sausage Or Peppered Chicken Garden Peas Tossed Salad Baked Beans Baked Potato Chips Ice Cream Tub & Fruit Pieces
WEEK 2 5 th Sept 3 rd Oct 31 st Oct 28 th Nov 26 th Dec 23 rd Jan	Homemade Margherita Pizza Ham & Cheese Pizza Or Chicken Panini Garden Peas Tossed Salad Herb Diced Potato Flakemeal Biscuit & Water Melon Slice	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Steak Burger Broccoli Florets Carrots Mashed Potato, Gravy Muffin Cake & Custard	Italian Pasta Bake Or Fresh Breaded Fish Goujons Baked Beans Sweetcorn / Garden Peas Mashed Potato Jelly & Ice-Cream Slice Or Fresh Fruit	Roast Breast of Chicken Or Chicken Crumble Traditional Stuffing Fresh Diced Carrots / Parsnip Oven Roast Potato Mashed Potato, Gravy Fruit Sponge & Custard	Chicken Nuggets Or Beef Lasagne Sweetcorn Salad Selection Mashed Potato Chips Frozen Yoghurt & Fruit Pieces
WEEK 3 12 th Sept 10 th Oct 7 th Nov 5 th Dec 2 nd Jan 30 th Jan	Oven Baked Breaded Fish Fingers Or Savoury Mince Carrots Garden Peas Mashed Potato Fresh Fruit Or Fresh Yoghurt	Breast of Chicken Curry & Boiled Rice & Naan Bread Or Chicken Panini / Wrap Sweetcorn Broccoli Florets Herb Diced Potato Jelly & Fruit Pieces	Homemade Breaded Chicken Goujons & Dip Or Cottage Pie Salad Selection Baked Beans, Diced Turnip Mashed Potato, Gravy Rice Pudding Or Fresh Yoghurt Or Fresh Fruit	Roast Gammon Or Chicken & Pasta Bake Traditional Stuffing Fresh Baton Carrots Cauliflower Florets, Mashed Potato, Oven Roast Potato Gravy Ginger Biscuit & Custard	Oven Baked Sausages Or Macaroni Cheese Garden Peas Coleslaw Baked Potato Chips Ice Cream & Fruit Pieces
WEEK 4 19 th Sept 17 th Oct 14 th Nov 12 th Dec 9 th Jan 6 th Feb	Steak Burger Or Stuffed Bacon Roll Baked Beans Sweetcorn Broccoli Florets Mashed Potato, Gravy Fresh Fruit Or Fresh Yoghurt	Pasta Bolognaise Or Fresh Breaded Fish Goujons Fresh Baton Carrot Garden Peas Herb Diced Potato Parsley Sauce Eton Mess (Meringue, Fruit & Yoghurt)	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Oven Baked Sausage Garden Peas Diced Carrots Mashed Potato, Gravy Fresh Fruit salad Jelly	Roast Breast of Chicken Or Flaked Salmon Wrap Traditional Stuffing Broccoli Floret Tossed Green Salad Oven Roast Potatoes Mashed Potato, Gravy Chocolate Brownie & Custard	Homemade Margherita Pizza Or Marinated Chicken & Vegetable Stir-Fry Noodles Sweetcorn, Salad Selection Chips Ice Cream & Fruit Pieces

*Breads
Milk, Water
A choice of Fresh
Fruit or Yoghurt
Available Daily*



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



Fresh Fish & Chicken Nuggets May Contain Bones