



'Individual Growth, Individual People'

Head Teacher: Mrs M A Tyers

Lunch Time Menu Spring 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Turkey meatballs in a tomato sauce with tagliatelle	Roast pork, stuffing, roast & mashed potatoes, yorkshire pudding, veg & broccoli cheese	Beef lasagne, peas, sweetcorn & a garlic slice	Chicken & ham pie, mashed potatoes, cabbage, carrots & gravy	Oven baked fish
w/c 07.01.19					or
28.01.19					
25.02.19	Ham & cheese wrap, homemade coleslaw & potato wedges	Vegetable burger, wedges & baked beans	Fishcakes, herby diced potatoes, peas, sweetcorn & cheese sauce	Vegetable spring roll, savoury rice & curry sauce	Pizza filled panini
18.03.19					Both served with potato wedges, mushy peas or baked beans
	Crispy lemon flan & custard	Flapjack & custard	Strawberry Angel delight & biscuit	Buffalo sponge & custard	Chocolate chip cookie & custard
Week 2	Cheese & tomato pasta, homemade coleslaw & crusty bread	Roast chicken, stuffing, yorkshire pudding, roast & mashed potatoes, cauliflower cheese & veg	Cottage pie, carrots, broccoli, roast potatoes & gravy	Pork sausages, red onion gravy, new potatoes & vegetables	Oven baked fish
w/c 14.01.19					or
04.02.19					
04.03.19	Jacket potato with veggie mince chilli con carne & cheese	Tuna & cheese baguette with spicy potato wedges	Cheese & onion scotch egg, beans, 1/2 jacket potato & baked beans	Ravioli, potato waffles, peas & sweetcorn	Large sausage roll
25.03.19					Both served with potato wedges, mushy peas or baked beans
	Neapolitan ice cream & mini chocolate muffin	Apple crumble & custard	Butterscotch tart & custard	Toffee cheesecake & ice cream	Iced ginger shortcake & custard
Week 3	Chicken curry, savoury rice & naan bread	Lincolnshire sausage, yorkshire pudding, roast & mashed potatoes, broccoli cheese, veg & onion gravy	Spaghetti bolognese & garlic bread	Cheese & onion quiche, chopped salad & potato noisettes	Oven baked fish
w/c 21.01.19					or
11.02.19					
11.03.19	Salmon fishcake, creamed potatoes, peas, carrots & parsley sauce	Jacket potato with cheese & beans	Tuna & cheese melt, carrot & orange salad & herby diced potatoes	Chicken & vegetable sweet chilli noodles	Cheese & onion slice
01.04.19					Both served with potato wedges, mushy peas or baked beans
	Cherry sparkle muffin & milkshake	Cornflake tart & custard	Fresh fruit salad & Greek yoghurt	Steamed syrup sponge & custard	Fruity jelly & ice cream

DAILY DESSERT OPTION, YOGHURT OR CHEESE & BISUITS

SALADS, JACKET POTATOES WITH VARIOUS TOPPING OR A HEALTHY PACKED LUNCH ARE AVAILABLE DAILY

FOOD ALLERGY SYMBOLS

Eggs	Fish	Lupin	Mustard	Celery	Sesame	Cereals containing gluten	Sulphur dioxide	Crustaceans	Peanuts	Soya	Nuts	Milk	Molluscs
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