












# WEEK ONE

Week Commencing: 12th November 2018 /3rd December / 7th January 2019 / 28th January / 25th February /18th March / 8th April / 29th April 2019.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BBQ Chicken Breast with Diced Potatoes Sweetcorn and Peas	 Pork Meatballs in Gravy Creamed Potatoes or White Rice and Mixed Vegetables	 Pork Loin Slice Roasted Potatoes Broccoli & Sliced Carrots with Gravy	 Roast Chicken Breast with Sage & Onion Stuffing Creamed Potatoes Peas and Sweetcorn	Cheese & Tomato Pizza Potato Wedges Seasonal Mixed Salad or Seasonal Vegetables
Country Bake Diced Potatoes Baked Beans and Peas	Traditional Cornish Pasty Creamed Potatoes Mixed Vegetables and Gravy	 Quorn Roast Roasted Potatoes Broccoli and Sliced Carrots	 Vegetarian Bolognese Garlic Bread Peas and Sweetcorn	Seaside Style Battered Fillet of Fish Potato Wedges Seasonal Mixed Salad Or Seasonal Vegetables
 Cocoa Cookies Or Chocolate Oatcake ** Juice Drink	 Apple Eve Sponge With Custard Sauce	 Chocolate & Pear Sponge With Custard Sauce	 Gingerbread Biscuit Or Iced Smoothie ** Milk Shake	 Bananas in Custard Or Fresh Fruit Salad

## ALTERNATIVES AVAILABLE DAILY

Seasonal fruit platter / Yeo Valley organic fruit yoghurt / cheese with crackers.  
Jacket potato / rice / pasta / egg noodles or couscous can be substituted for potatoes. A seasonal salad bar is available to choose from daily.  
Ketchup available with selected dishes.











 Denotes freshly prepared dishes.

Menus may change to meet customers' preferences, a promotional event and seasonal variation.  
A range of locally sourced products are used when available and all our fish comes from an MSC certified sustainable fishery.  
**Allergies** - please contact your school cook for more information about the content of menu items.



# WEEK TWO

Week Commencing: 19th November 2018 / 10th December / 14th January 2019 / 4th February / 4th March / 25th March 2019.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breaded Chicken Goujons Chips Baked Beans & Peas	Shredded Pork With Yorkshire Pudding Creamed Potatoes Carrots and Broccoli and Gravy	 Roast Chicken Breast with Sage & Onion Stuffing Roast Potatoes Cabbage and Cauliflower with Gravy	 Beef Grill in a Bun ½ Jacket Potato with Mixed Salad or Mixed Vegetables	Cheese & Tomato Pizza Potato Wedges Peas and Sweetcorn
 Quorn Tikka Pasty Chips Baked Beans and Peas	 Tomato and Cheese Pasta Bake Served with Garlic Bread Carrots & Broccoli	 Quorn Fillet with Sage & Onion Stuffing Roast Potatoes Cabbage and Cauliflower Gravy	 Quorn Burger in a Bun ½ Jacket Potato with Mixed Salad or Mixed Vegetables	Fish Fingers or Salmon Fillet Fingers Potato Wedges Peas and Sweetcorn
 Bakewell Tray bake Or Raspberry Mousse Slice	 Crunchy Carrot Cookie Or Lemon and Raisin Cookies ** Juice Drink	 Oaty Apple Crumble served with Custard Sauce	Frozen Yoghurt Or Fresh Fruit Salad	 Cocoa Brownie or Cocoa Cookie ** Juice Drink

## ALTERNATIVES AVAILABLE DAILY

Seasonal fruit platter / Yeo Valley organic fruit yoghurt / cheese with crackers.  
Jacket potato / rice / pasta / egg noodles or couscous can be substituted for potatoes. A seasonal salad bar is available to choose from daily.  
Ketchup available with selected dishes.




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# WEEK THREE

Week Commencing: 26th November 2018 / 17th December / 21st January 2019 / 11th February / 11th March / 1st April 2019.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Pork Sausages Potato Wedges Peas and Sweetcorn with Gravy	Seaside Style Battered Fillet of Fish Diced Potatoes Sweetcorn and Green Beans	 Roast Beef with Yorkshire Pudding Roast Potatoes, Broccoli, Carrots and Gravy	 Sweet Chilli Chicken With Egg Noodles Carrots and Peas	Cheese & Tomato Pizza Chips Baked Beans or Seasonal Mixed Salad and Coleslaw
 Vegetarian Sausage Potato Wedges Peas and Sweetcorn with Gravy	 Chicken Curry with Rice & Naan Bread Sweetcorn and Green Beans	 Macaroni Cheese Broccoli and Carrots	 Quorn & Broccoli Bake With Rice Carrots and Peas	Vegetable Nuggets Chips Baked Beans or Seasonal Mixed Salad and Coleslaw
 Iced Sponge	 Chocolate Coconut Slice ** Milk Shake	 Steamed / Baked Jam Sponge with Custard sauce Or Fresh Fruit Salad	 Carrot Cake With Custard sauce	 Apple Flapjack Or Apple Sponge ** Juice Drink

## ALTERNATIVES AVAILABLE DAILY

Seasonal fruit platter / Yeo Valley organic fruit yoghurt / cheese with crackers.  
 Jacket potato / rice / pasta / egg noodles or couscous can be substituted for potatoes. A seasonal salad bar is available to choose from daily.  
 Ketchup available with selected dishes.

 Denotes freshly prepared dishes.

Menus may change to meet customers' preferences, a promotional event and seasonal variation.  
 A range of locally sourced products are used when available and all our fish comes from an MSC certified sustainable fishery.  
**Allergies** - please contact your school cook for more information about the content of menu items.

