

WEEK ONE

W/C
3rd November
24th November
15th December
19th January
9th February
9th March

MONDAY

Planet Friendly Day

Option one	Homemade Beetroot and Lentil Burger in a Bun (VE) with Potato Wedges
Option two	Autumn Harvest Lasagne (V)
Vegetables	Broccoli (VE) Sweetcorn (VE)
Dessert	Yoghurt (V) or Custard (VE) and Fresh Fruit

TUESDAY

Sausages with Mashed Potato and Gravy
Planet Friendly Balls in Tomato Sauce with Rice (VE)
Butternut Squash (VE) Green Beans (VE)
Seeded Apple Flapjack (VE)

WEDNESDAY

Roast Chicken with Stuffing, Roasted Potatoes and Gravy
Lentil Wellington with Roast Potatoes and Gravy (VE)
Peas (VE) Cabbage (VE)
Wholemeal Peach Carrot Cake (V) with Custard (VE)

THURSDAY

NEW Chicken Biryani with Turmeric Bread
Saucy Tomato and Bean Pasta Bake (VE)
Cauliflower (VE) Roasted Peppers (VE)
Yoghurt (V) or Custard (VE) and Fresh Fruit

FRIDAY

Fish fingers and Chips and tomato sauce
Red Pepper Frittata with Chips
Carrots (VE) Peas (VE)
Strawberry Jelly with Peaches and Mandarins (VE)

WEEK TWO

W/C
10th November
1st December
5th January
26th January
23rd February
16th March

Option one	NEW Lentil Curry with Rice and Homemade Flatbread (VE)
Option two	Hearty Spaghetti Bolognese (VE)
Vegetables	Sweetcorn (VE) Cauliflower (VE)
Dessert	Peach and Strawberry Crumble (VE)

Chicken and Sweetcorn Meatballs in Tomato Sauce with Rice
Classic Cheese and Tomato Pizza with Wedges (V)
Carrots (VE) Courgettes (VE)
Yoghurt (V) or Custard (VE) and Fresh Fruit

Roast Turkey, Stuffing, Baby New Potatoes and Gravy
BBQ Quorn with Seasoned Potatoes and Sweetcorn Salsa (VE)
Cauliflower (VE) Green Beans (VE)
Mandarin Sponge Cake (VE)

Beef Lasagne with Garlic Bread
Soya mince/vegetarian Lasagne With Garlic Herb bread
Broccoli (VE) Red Cabbage (VE)
Yoghurt (V) or Custard (VE) and Fresh Fruit

Breaded Fish with Chips and Tomato Sauce
Lentil and Basil Whirl with Wedges
Peas (VE) Baked Beans (VE)
Lemon Shortbread (VE)

WEEK THREE

W/C
17th November
8th December
12th January
2nd February
2nd March
23rd March

Option one	Macaroni Cheese and Tomato and Herb Bread (V)
Option two	Mild Mexican Chilli with Rice (VE)
Vegetables	Baked Beans (VE) Broccoli (VE)
Dessert	Savoury Vegan Sheese and Courgette Scone (VE)

Chicken Pie with Mashed Potato and Gravy
Cheese and Bean Pasty with Mashed Potato and Gravy
Carrots (VE) Peppers (VE)
Yoghurt (V) or Custard (VE) and Fresh Fruit

Roast Chicken with Roasted Potatoes and Gravy
Vegetarian Enchilada Bake with Paprika Wedges
Peas (VE) Cauliflower (VE)
Apple & Pear Crumble (VE) with Custard (V)

Minced Beef Cottage Pie
Caribbean Stew with Golden Rice (VE)
Sweetcorn (VE) Carrots (VE)
Pineapple Upside Down Cake (V)

Fish fingers with chips and tomato sauce
Tomato and Butterbean Pasta (VE)
Coleslaw (VE) Green Beans (VE)
Yoghurt (V) or Custard (VE) and Fresh Fruit

MENU KEY



Added Plant Protein



Planet Friendly Option



Local Red Tractor Meat

Vegan (VE)

(V) Vegetarian

Available Daily: Freshly cooked jacket potatoes with a choice of fillings (V, VE) (where advertised) - Bread freshly baked on site daily (VE) - Daily salad selection (V, VE) - Fresh Fruit (VE) and Yoghurt (V) is available daily - Milk (V)

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.



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