

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|--|--|
| WEEK 1 | DATES for WEEK 1: | MAIN COURSE COUNTER LUNCHTIME ONLY | | | | |
| | Weeks commencing; 7th Sept/28th Sept/ 19th Oct/ 16th Nov/7th Dec | CHICKEN TIKKA OR VEGETABLE TIKKA SERVED WITH PILAU RICE, A POPPADOM AND MANGO CHUTNEY | SPICY PORK MEATBALLS IN A RICH TOMATO SAUCE ON A BED OF EGG NOODLES WITH GRATED CHEESE | FISHERMANS PIE OR CHEESY VEGETABLE PIE TOPPED WITH CREAMED POTATO AND SERVED WITH BROCCOLI AND SWEETCORN | SAUSAGE PASTA BAKE OR QUORN SAUSAGE PASTA BAKE SERVED WITH GARLIC BREAD | BATTERED COD FILLET, SPICY CHICKEN GOUJONS OR VEGGIE NUGGETS WITH CHIPS |
| WEEK 2 | DATES for WEEK 2: | MAIN COURSE COUNTER LUNCHTIME ONLY | | | | |
| | Weeks commencing; 14th Sept/5th Oct/ 2nd Nov/23rd Nov/ 14th Dec | ALL DAY BREAKFAST/VEGGIE BREAKFAST. INCLUDING SAUSAGE, BACON, EGG, TOMATO, MUSHROOMS, AND BEANS | CHICKEN FAJITA OR VEGETABLE FAJITA SERVED WITH GUACAMOLE, CHEESE, YOGHURT, AND TOMATO SALSA | ROAST PORK WITH APPLE SAUCE OR LENTIL AND VEG HOTPOT WITH ROAST POTATOES, CABBAGE AND CARROTS | MACARONI CHEESE BAKE WITH BACON OR MACARONI CHEESE BAKE SERVED WITH GARLIC BREAD | CHICKEN GOUJONS, CHUNKS AND SPICY POPCORN OR VEGGIE NUGGETS WITH POTATO WEDGES |
| WEEK 3 | DATES for WEEK 3: | MAIN COURSE COUNTER LUNCHTIME ONLY | | | | |
| | Weeks commencing; 21st Sept/12th Oct/9th Nov/30th Nov | CHILLI CON CARNE OR VEGETABLE CHILLI TACOS WITH CHEESE TOMATO SALSA AND SALAD | GRILLED SAUSAGES WITH A HORSERADISH POTATO CRUSH AND AN ONION GRAVY SERVED WITH PEAS | CHICKEN FILLET AND CHORIZO BURGER WITH CURLY FRIES AND MIXED SALAD | BAKED LASAGNE VERDI OR COUGETTE AND AUBERGINE LASAGNE VERDI SERVED WITH GARLIC BREAD | CHICKEN GOUJONS, CHUNKS, AND SPICY POPPCORN OR VEGGIE NUGGETS WITH POTATO WEDGES |
| <p>ALSO AVAILABLE; A daily selection of fresh homemade sauces to accompany pasta, rice or jacket potatoes. Daily selection of freshly cooked pastries and 'grab& go' specials. A selection of freshly made sandwiches, salads and cold pasta pots. Fresh fruit salad pots and fresh fruit. A daily selection of homemade cakes (made with reduced sugar content). Selection of schools compliant drinks and snacks with reduced sugar and salt. Our ethos is too reduce cheese in dishes and 'add' vegetables to savoury sauces and dishes.</p> | | | | | | |