

# School Lunch Menu SEPTEMBER / OCTOBER 2021

	Monday	Tuesday	Wednesday	Thursday	1 <sup>st</sup> October Friday
<b>WEEK 1</b>  <b>27.09 2021</b>	SCHOOL CLOSED	Spaghetti Bolognese or Fish fingers  Garden peas Salad selection Mashed potato baby boiled Gravy  Cookie & Fruit & Yoghurt	Homemade Breaded Chicken Goujons Selection of Dipping Sauces Or Spicy Chicken Fajita with Warm Tortilla Wrap  Sweetcorn, *Salad Selection Mashed Potato, Hot Pasta Twists Fresh Fruit Selection & Fresh Yoghurt	Roast Pork OR Roast Chicken  Herb Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Mashed Potato  Chocolate Muffin Or Fruit & Yoghurt	Hot Dog Or Panini Pizza Slice  Baked Beans Peas *Tossed Salad Chips, Mashed Potato  Flakemeal Biscuit or Yoghurt & Fruit
<b>WEEK 2</b>  <b>04.10 2021</b>	Chicken pasta bake Or Steak Burger  Gravy Broccoli Florets Fresh Baton Carrots Mashed Potato  Fresh Fruit Selection & Fresh Yoghurt	Breast of Chicken Curry Sauce with Boiled Rice & Naan Bread Or Homemade Margherita Pizza  Baton Carrots, Tossed salad, Pasta Twists  Shortbread or Yoghurt & Fruit	Cheesy Bolo Pasta Or Fresh Breaded Fish Goujons  With lemon slice, Tartar Sauce Baked Beans, Garden Peas Sweetcorn, *Salad Selection Mashed Potato  Jelly Pot or Yoghurt & Fruit	Roast Breast of Chicken Or Chicken Crumble  Herb Stuffing Gravy Cauliflower Cheese Fresh Diced Carrots/ Parsnip, Mashed Potato Chocolate Muffin Or Fruit & Yoghurt	Chicken Nuggets Or Hot Thai Flavoured Chicken Wrap  Salsa Dip. Sweetcorn *Salad Selection Chips Baked Potato Vanilla Ice Cream Pot or Yoghurt & Fruit
<b>WEEK 3</b>  <b>11.10 2021</b>	Italian Bolognese Pasta Or Breaded Fish Fingers  Baked Beans, Sweetcorn Broccoli Florets Mashed Potato  Ice Cream Pot Or Yoghurt & Fruit	Mac & Cheese Or Homemade Salt & Chilli Or Traditional Chicken Goujons, Selection of Dipping Sauces  Baton Carrots, *Salad Selection, Chips, Mashed Potato Jelly Pot or Yoghurt & Fruit	Mexican Enchilada Or Oven Baked sausages  Garden Peas Mediterranean Roasted Vegetables, Mashed Potato, Baby Boiled Potatoes  Fresh Fruit Selection & Yoghurt	Chicken Panini Or Roast Turkey Herb Stuffing Cranberry Sauce, Gravy Fresh Carrot or Parsnip fresh Savoy Cabbage Mashed Potato  Chocolate Cookie Or Fruit & Yoghurt	Traditional Homemade Chicken or Smooth & Hearty Vegetable Soup Steak Burger in a Bap, Or Bang Bang Chicken in Hot baguette Mashed Potato, Tossed Salad Selection of Breads Frozen Mousse or Fresh Fruit & Yoghurt
<b>WEEK 4</b>  <b>18.10 2021</b>	Breast of Chicken Curry with Boiled Rice & Naan Bread Or Chicken & Broccoli Bake Garden Peas Fresh Savoy Cabbage Gravy Mashed Potato Chocolate Muffin Or Fruit & yoghurt	Sweet and sour Chicken Stir Fry & Noodles Or Oven Baked Sausages Baked Beans Sweetcorn Baton Carrots Mashed Potato  Flakemeal Biscuit or Yoghurt & Fruit	Roast Breast of Chicken Or Beef Stew Herb Stuffing Gravy Diced Turnip Fresh Baton Carrots Mashed Potato  Jelly Pot or Yoghurt & Fruit	Spaghetti Bolognese Or Fresh Breaded Fish Fillets Or Salmon Fish Cake Lemon Slice and Tartar Sauce Broccoli & cauliflower Florets Mashed Potato  Selection of Fruit & Yoghurt	Homemade Margherita Pizza Or Marinated Chicken Fillets with warm Tortilla Wraps  *Salad selection Sweetcorn Traditional Champ Chips Artic Roll or Fruit & Yoghurt

**Breads  
Milk, Water  
Fresh Fruit,  
Yoghurt  
Available Daily**

**\*2 items from  
cook's salad  
selection salad  
Selection  
Rice Salad,  
Coleslaw  
Sweet Chilli Pasta  
Tossed Salad  
Lettuce, Cherry  
Tomato  
Grated Carrots  
Cucumber  
Diced Red Peppers  
Red Onion**

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

Rice, Pasta, Potatoes and Gravy can be served Daily



Menu choices subject to deliveries

FRESH FISH may contain BONES