

School lunches – week 1

Weeks commencing 6th Sept, 27th Sept, 18th Oct, 15th Nov, 6th Dec, 10th Jan, 31st Jan, 28th Feb, 21st Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Crispy chicken burger with oven baked wedges(H) (wheat, wheat flour)	Roast turkey dinner with roast potatoes and Yorkshire pudding (gluten, wheat, milk, egg)	Thin and crispy pizza with pasta salad and garlic bread (V)(H) (wheat, milk)	Spaghetti Bolognese and garlic bread (wheat, sulphates, milk)	Battered haddock and oven chips(H) (gluten, fish)
Main 2	Baked potato with beans and grated cheese(V)(H) (milk)	Quorn mince pasta bake with garlic bread(V)(H) (celery, mustard, soy, wheat, milk, egg)	Beef meatballs in a tomato sauce with 50/50 rice and garlic bread (wheat, milk, egg,)	Vegetable curry with steamed rice and naan bread(V)(H) (wheat, milk, mustard, gluten)	Cheese and onion pasty with a puff pastry and chipped potatoes (V)(H) (wheat, milk, mustard, soya)
Dessert	Fruit crumble and custard (wheat, milk)	Jam roly poly and custard (wheat, milk, palm oil)	Creamy rice pudding (wheat, milk, egg)	Chocolate sponge and custard (wheat, milk, eggs, palm oil)	Selection of cold puddings
**Cold Desserts - choose from a variety of fresh fruit, mousses, yoghurts, homemade buns, doughnuts, fruit cocktail and jellies					

V – suitable for vegetarians
H – suitable for Halal diets or Halal alternative available
Allergens in red

Baked Potatoes

Jacket potatoes come with a choice of fillings and optional salad from the salad bar

Salad Bar

A help yourself salad bar with a choice of lettuce, tomatoes, cucumber, pasta salads, rice, coleslaw and seasonal produce

Sandwiches / Wraps*

Made fresh daily, choose from Cheese, Beef, Tuna mayo, Egg, Ham
With salad from the salad bar
(For **allergens** please see the website)

All meals served with seasonal vegetables as appropriate.

* Sandwiches not available to KS1 students due to Government guidelines which require us to provide a daily hot meal

** Cold desserts may contain **milk, gluten, eggs, sulphates or soya**, for a detailed list, please see our website.



School lunches – week 2

Weeks commencing 13th Sept, 4th Oct, 1st Nov, 22nd Nov, 13th Dec, 17th Jan, 7th Feb, 7th Mar, 28th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Breaded chicken goujons with herby cube potatoes(H) (wheat, soya flour)	Roast beef dinner with roasted potatoes and Yorkshire pudding (wheat, gluten, milk, egg)	Thin and crispy pizza with pasta salad and garlic bread(V)(H) (wheat, milk)	Homemade beef burger with baked potato wedges (wheat, wheat flour, egg)	Cod and salmon fishcakes with chipped potatoes(H) (wheat, fish)
Main 2	Vegetable ravioli and garlic bread(V)(H) (wheat, soya flour, soya)	Cheese and potato pie with a shortcrust pastry (V)(H) (wheat, milk)	Beef chilli (mild), rice and garlic bread (milk)	Creamy cheese pasta with garlic bread(V)(H) (wheat, milk)	Hot dog in a roll with chipped potatoes (soya, celery, wheat, mustard)
Dessert	Fruit crumble and custard (wheat, milk)	Jam roly poly and custard (wheat, milk, palm oil)	Creamy rice pudding (milk)	Chocolate sponge and custard (wheat, milk, eggs, palm oil)	Selection of cold puddings
**Cold Desserts - choose from a variety of fresh fruit, mousses, yoghurts, homemade buns, doughnuts, fruit cocktail and jellies					

V – suitable for vegetarians

H – suitable for Halal diets or

Halal alternative available

Allergens in red

Baked Potatoes

Jacket potatoes come with a choice of fillings and optional salad from the salad bar

Salad Bar

A help yourself salad bar with a choice of lettuce, tomatoes, cucumber, pasta salads, rice, coleslaw and seasonal produce

Sandwiches / Wraps*

Made fresh daily, choose from Cheese, Beef, Tuna mayo, Egg, Ham
With salad from the salad bar
(For allergens please see the website)

All meals served with seasonal vegetables as appropriate.

* Sandwiches not available to KS1 students due to Government guidelines which require us to provide a daily hot meal

** Cold desserts may contain **milk, gluten, eggs, sulphates or soya**, for a detailed list, please see our website.



School lunches – week 3

Weeks commencing 20th Sep, 11th Oct, 8th Nov, 29th Nov, 3rd Jan, 24th Jan, 14th Feb, 14th Mar, 4th Apr

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Creamy chicken curry (mild) with rice and naan bread (wheat, gluten, milk)	Roast gammon dinner with roasted potatoes and Yorkshire pudding (wheat, gluten, milk, egg)	Thin and crispy pizza with oven baked curly fries(V)(H) (wheat, milk)	Sausage and mashed potato(H) (wheat, sulphates, butter, milk)	Fish goujons and fish stars with chipped potatoes(H) (wheat, fish)
Main 2	Fish fingers with boiled potatoes(H) (wheat, fish)	Penne pasta shapes with a tomato sauce and garlic bread(V)(H) (wheat, milk)	Sweet and sour chicken with steamed rice (celery)	Wholewheat spaghetti in tomato sauce with crusty bread and cheese(H)(V) (wheat, milk)	Minced beef in gravy with mashed potato and Yorkshire pudding (wheat, gluten, milk, egg)
Dessert	Fruit crumble and custard (wheat, milk)	Syrup sponge and custard (wheat, gluten, milk)	Jam roly poly and custard (wheat, milk, palm oil)	Chocolate brownie and custard (wheat, gluten, eggs, milk, soya)	Selection of cold puddings
**Cold Desserts - choose from a variety of fresh fruit, mousses, yoghurts, homemade buns, doughnuts, fruit cocktail and jellies					

V – suitable for vegetarians
H – suitable for Halal diets or Halal alternative available
Allergens in red

Baked Potatoes

Jacket potatoes come with a choice of fillings and optional salad from the salad bar

Salad Bar

A help yourself salad bar with a choice of lettuce, tomatoes, cucumber, pasta salads, rice, coleslaw and seasonal produce

Sandwiches / Wraps*

Made fresh daily, choose from Cheese, Beef, Tuna mayo, Egg, Ham
With salad from the salad bar
(For allergens please see the website)

All meals served with seasonal vegetables as appropriate.

* Sandwiches not available to KS1 students due to Government guidelines which require us to provide a daily hot meal

** Cold desserts may contain **milk, gluten, eggs, sulphates or soya**, for a detailed list, please see our website.



School meals

School meals are important

Research has shown that children who have a proper balanced meal can concentrate better and are more receptive during afternoon lessons

Sitting down and eating a meal together helps children to develop important social and inter-personal skills

Your children

Every day we feed around 350 children so we understand some children can be fussy eaters

We work hard to reassure children about their food choices and encourage them to try a wide range of dishes

We try to instil healthy eating behaviours which will serve your child well in later life, and most of all we want them to enjoy their food

You can help

To encourage your child to eat healthily and enjoy as wide a range of meals as possible please:

- **Look at the menus with your child and encourage them to try unfamiliar dishes – we are happy to give out samples to try**
- **Ensure that they vary their diet and don't stick to the same types of food**
- **Encourage them to eat vegetables and use the salad bar**

Allergen information for all our menus is available on the school website. Where meals are not suitable due to intolerances or allergies we will endeavour to offer an alternative. If you have any questions or concerns about the school catering provision please contact us via the school office.

Whilst we will always try to provide the meals indicated on our menus we reserve the right to provide alternatives in the case of supply issues.

Did you Know?

All our meals are prepared daily on site with healthy ingredients. For example our homemade burgers and Bolognese sauce are made from lean mince and include onions, peppers and carrots.
None of the food we prepare is deep-fried.

