

FOOD TO FLOURISH

WEEK 1

MONDAY

CHOOSE FROM
Baked sausage roll with tomato relish and mashed potato
 ✓ Sweet potato and lentil curry with brown and white rice and Naan style bread
VEGETABLE OF THE DAY
Served with sweetcorn or green beans
TO FINISH
Ice cream, fruit smoothie or apple lolly

TUESDAY

CHOOSE FROM
Roast beef and Yorkshire pudding
 ✓ Quorn nuggets
VEGETABLE OF THE DAY
Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots
TO FINISH
Mini biscuit and fruit wedges

WEDNESDAY

CHOOSE FROM
BBQ chicken fillet with herby diced potatoes
 ✓ Margherita pizza
VEGETABLE OF THE DAY
Served with garden peas and sweetcorn mix
TO FINISH
Fruity flapjack

THURSDAY

CHOOSE FROM
Sweet chilli turkey with brown and white rice
 ✓ Vegetarian sausages with gravy and mashed potato
VEGETABLE OF THE DAY
Served with broccoli and cauliflower
TO FINISH
A choice of cold desserts

FRIDAY

CHOOSE FROM
Fish fingers and chips with tomato ketchup
 ✓ Vegetable lasagne with garlic bread finger
VEGETABLE OF THE DAY
Served with garden peas or baked beans
TO FINISH
Zingy lemon muffin



A selection of alternative desserts; Banana, apple, orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice are available daily

WEEK 2

CHOOSE FROM
Beef bolognese pasta bake with garlic bread finger
 ✓ Vegetarian sausage puff with mashed potato
VEGETABLE OF THE DAY
Served with a trio of vegetables or baked beans
TO FINISH
Ice cream, fruit smoothie or apple lolly

CHOOSE FROM
Roast chicken, gravy and roast potatoes
 ✓ Broccoli and cauliflower cheesy bake with tomato bread and summer coleslaw
VEGETABLE OF THE DAY
Served with diced carrots and green beans
TO FINISH
Mini biscuit and fruit wedges

CHOOSE FROM
✓ Vegetable tagine with red and green pepper cous cous
 ✓ Margherita pizza
VEGETABLE OF THE DAY
Served with green beans and sweetcorn
TO FINISH
Carrot cake

CHOOSE FROM
Chicken, vegetable and potato bake
 ✓ Italian style tomato pasta with garlic bread finger
VEGETABLE OF THE DAY
Served with broccoli and baton carrots
TO FINISH
A choice of cold desserts

CHOOSE FROM
Battered fish and chips with tomato ketchup
 ✓ Falafel wrap with a tomato dressing and mixed salad
VEGETABLE OF THE DAY
Served with garden peas or sweetcorn and mixed peppers
TO FINISH
Chocolate oaty cookie



Extra freshly baked bread plus salad available daily

WEEK 3

CHOOSE FROM
*Bubble salmon and choice of potato
 ✓ Macaroni cheese with garlic bread finger
VEGETABLE OF THE DAY
Served with garden peas
TO FINISH
Ice cream, fruit smoothie or apple lolly

CHOOSE FROM
Roast pork, gravy and roast potatoes
 ✓ Tomato pasta bake with Quorn
VEGETABLE OF THE DAY
Served with a medley of broccoli, cauliflower and carrots
TO FINISH
Mini biscuit and fruit wedges

CHOOSE FROM
Tangy chicken curry with brown and white rice and Naan style bread
 ✓ Margherita pizza with coleslaw
VEGETABLE OF THE DAY
Served with green beans and diced carrots
TO FINISH
Chocolate brownie

CHOOSE FROM
Baked pork sausages with potato wedges
 ✓ Vegetarian meat free balls in tomato sauce with pasta and a garlic bread finger
VEGETABLE OF THE DAY
Served with broccoli and carrots
TO FINISH
A choice of cold desserts

CHOOSE FROM
Baked fish fingers and chips with tomato ketchup
 ✓ Cheese and red lentil flan with new potatoes
VEGETABLE OF THE DAY
Served with garden peas or baked beans
TO FINISH
Cheddar cheese portion and apple wedges

✓ Vegetarian * Gold award winner Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets Check with your school for jacket potato and picnic lunch menus.

CALENDAR

APRIL 2018						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY 2018						
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JUNE 2018						
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JULY 2018						
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SEPTEMBER 2018						
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OCTOBER 2018						
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