

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> w/c 03/09/18 01/10/18 05/11/18 03/12/18	Pasta carbonara, cheese and pepper pizza, jacket potato and tuna, wedges, sweetcorn.  Fruit fool, yogurt, fruit salad.	Chicken korma, Quorn chow mein, jacket potato and cheese, rice, green beans.  Apple filo pie and custard, yogurt, fruit salad.	Roast ham, cauliflower cheese, jacket potato and tuna, roast potatoes, new potatoes, cabbage, mashed swede, gravy.  Fruit sponge tart, yogurt, fruit salad.	Pork stroganoff, vegetable burger, jacket potato and cheese, vegetable rice, broccoli.  Fruit crumble and <u>squirry</u> cream, yogurt, fruit salad.	Breaded fish, Quorn sausages, jacket potato and beans, chips, beans, peas.  Chocolate ice cream, yogurt, fruit salad.
<b>Week Two</b> w/c 10/09/18 08/10/18 12/11/08 10/12/18	Cod fish cakes, vegetable fajitas, jacket potato and beans, waffles, beans, sweetcorn.  Granola bar and juice, yogurt, fruit salad.	Pasta bolognese, vegetable carbonara, jacket potato and tuna, pasta, broccoli.  Ginger sponge, yogurt, fruit salad.	Roast pork and apple sauce, tuna pasta bake, jacket potato and cheese roast potatoes, new potatoes, cabbage, carrots, gravy.  Fruit jelly, yogurt, fruit salad.	Chicken sausage, spinach and broccoli bake, jacket potato and tuna, boiled potatoes, mixed vegetables, gravy.  Citrus drizzle cake, yogurt, fruit salad.	Cod fish fingers, leek and cannellini frittata, jacket potato and beans, chips, beans, sweetcorn.  Fresh fruit salad, yogurt, fruit salad.
<b>Week Three</b> w/c 17/09/18 15/10/18 19/11/18 17/12/18	Salmon fish cake, vegetable stir fry, jacket potato and cheese, wedges, peas, carrots.  Fruit jelly, yogurt, fruit salad.	Pork stir fry, curried sweet potato and chickpea salad, jacket potato and beans, rice, broccoli.  Fruit fool, yogurt, fruit salad.	Roast chicken and stuffing, cheese and spinach tartlets, jacket potato and cheese, roast potatoes, new potatoes, mashed swede, cauliflower, gravy.  Granola bar and juice, yogurt, fruit salad.	Beef chilli pittas, vegetable stroganoff, jacket potatoes and tuna, rice, green beans.  Chocolate orange sponge, yogurt, fruit salad.	Battered fish, cheese and tomato pizza, jacket potato and beans, chips, beans, peas.  Ice cream sundae, yogurt, fruit salad.
<b>Week Four</b> w/c 24/09/18 22/10/18 26/11/18	Pork sausages, vegetable pesto pasta, jacket potato and cheese, waffles, peas, green beans.  Cheese and biscuits and fruit, yogurt, fruit salad.	Chicken and pesto pasta, vegetable chilli pittas, jacket potato and beans, mixed vegetables, boiled potatoes.  Fruity malt loaf, yogurt, fruit salad.	Roast pork and apple sauce, Vegetable burger, jacket potato and tuna, roast potatoes, new potatoes, cabbage, sweetcorn, gravy.  Rice pudding and fruit, yogurt, fruit salad.	Beef burger, vegetable tajine, jacket potato and cheese, vegetable couscous, mixed salad.  Lemon cookie and juice, yogurt, fruit salad.	Cod fish cake, courgette and butter bean bake, jacket potato and beans, chips, beans, sweetcorn.  Strawberry ice cream, yogurt, fruit salad.

## Term 1 & 2 Menu

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> w/c 03/09/18 01/10/18 05/11/18 03/12.18	Tomato pizza bread (V), jacket potato and tuna, wedges, sweetcorn.  Desert pot, fruit cup.	Chicken korma, jacket potato and beans (V), rice, green beans.  Yogurt, fruit cup.	Roast ham, jacket potato and roasted veg (V), roast potatoes, new potatoes, cabbage, mashed swede, gravy.  Fruit, fruit cup.	Vegetable burger (V), jacket potato and tuna, vegetable rice, broccoli.  Jam tart, fruit cup.	Free from fish fingers, jacket potato and beans (V), chips, beans, peas.  Free from ice cream, fruit cup.
<b>Week Two</b> w/c 10/09/18 08/10/18 12/11/08 10/12/18	Vegetable fajitas (V), jacket potato and beans (V), waffles, beans, sweetcorn.  Fruit and juice, fruit cup.	Pasta bolognese, jacket potato and roasted veg (V), pasta, broccoli.  Desert pot, fruit cup.	Roast pork and apple sauce, jacket potato and roasted veg (V), roast potatoes, new potatoes, cabbage, carrots, gravy.  Fruit jelly, yogurt.	Free from sausage, jacket potato and egg mayo (V), boiled potatoes, mixed vegetables, gravy.  Fruit, fruit cup.	Free from chicken nuggets, jacket potato and beans (V), chips, beans, sweetcorn.  Fresh fruit salad, fruit cup.
<b>Week Three</b> w/c 17/09/18 15/10/18 19/11/18 17/12/18	Vegetable stir fry (V), jacket potato and roasted veg (V), wedges, peas, carrots.  Fruit jelly, fruit cup.	Curried sweet potato and chickpea salad (V), jacket potato and beans (V), rice, broccoli.  Free from yoghurt, fruit cup.	Roast chicken, jacket potato and roasted veg (V), roast potatoes, new potatoes, cauliflower, gravy.  Desert pot and juice, fruit cup.	Beef chilli, jacket potato and egg mayo (V), rice, green beans.  Jam tart, fruit cup.	Free from fish fingers, jacket potato and beans (V), chips, beans, peas.  Free from ice cream, fruit cup.
<b>Week Four</b> w/c 24/09/18 22/10/18 26/11/18	Free from sausages, jacket potato and roasted veg (V), waffles, peas, green beans.  Fruit, fruit cup.	Vegetable chilli (V), jacket potato and beans,(V), mixed vegetables, boiled potatoes.  Jam tart, fruit cup.	Roast pork and apple sauce, Vegetable burger (V), roast potatoes, new potatoes, cabbage, sweetcorn, gravy.  Rice pudding and fruit, fruit cup.	Vegetable tajine (V), jacket potato and beans (V), vegetable couscous, mixed salad.  Lemon cookie and juice, yogurt, fruit cup.	Vegetable burger (V), jacket potato and beans (V), chips, beans, sweetcorn.  Strawberry ice cream, yogurt, fruit cup.

## Gluten and Dairy Free Term 1 & 2 Menu