

MENU

Food in School Flagship School

WEEK 1



'Your Choice' Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	<p>Fish portion with plain / spiced potato wedges</p> <p>crusty bread</p> <p>Gluten, dairy, fish</p>	<p>Pasta Bolognaise</p> <p>Bread</p> <p>Gluten</p>	<p>Roast Dinner Roast potatoes</p> <p>Bread</p> <p>Gluten, milk, dairy</p>	<p>Turkey Fajitas with cous cous</p> <p>Gluten</p>	<p>Homemade Pizza with plain/ spiced potato wedges</p> <p>Gluten, dairy</p>
VEGETABLES	Broccoli	Carrots	Cabbage	Mixed vegetables	Baked Beans
SALAD BOWL	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
STARTERS OR SWEETS	<p>Chocolate Sponge with chocolate sauce</p> <p>Gluten, eggs, dairy</p>	<p>Rice Pudding</p> <p>Dairy</p>	<p>Sticky Toffee Pudding</p> <p>Gluten, eggs, dairy</p>	<p>Fruit crumble and custard</p> <p>Gluten, dairy</p>	<p>Heinz 57</p> <p>Gluten, eggs, dairy</p>

Fresh Fruit or Yoghurt available daily



* all eggs free range

* Freshly Prepared Dish



* Vegetable and Fruit in season from the school garden

* Vegetarian option available on request * all meat / milk is local and/or organic



MENU

Food in School Flagship School

WEEK 2

'Your Choice' Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	<p>Salmon Bites With plain/spiced potato wedges</p> <p>bread Gluten, dairy</p>	<p>Chicken Wrap with Rice</p> <p>Gluten, eggs, dairy</p>	<p>Roast Dinner with Roast potatoes</p> <p>Bread</p> <p>Gluten, eggs, dairy</p>	<p>Savoury Mince with Dumplings</p> <p>With Creamed potatoes</p> <p>Gluten, dairy</p>	<p>Oven Baked Sausages With plain / spiced potato wedges</p> <p>Bread</p> <p>Gluten, eggs</p>
VEGETABLES	Sweetcorn	Carrots	Cabbage	Carrots	Baked Beans
SALAD BOWL	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
STARTERS OR SWEETS	<p>Chocolate Brownie With glass of Fruit Juice gluten, eggs, dairy</p>	<p>Sponge Cake with Custard</p> <p>Gluten, eggs, dairy</p>	<p>Chocolate Brownie With glass of Fruit Juice gluten, eggs, dairy</p>	<p>Cheesecake</p> <p>Gluten, dairy</p>	<p>Heinz 57</p> <p>Gluten, eggs, dairy</p>

Fresh Fruit or Yoghurt available daily

* all eggs free range

* Freshly Prepared Dish

* Vegetable and Fruit in season –salad from school for three weeks

* Vegetarian option available on request * all meat / milk is local and/or/ organic



MENU

Food in School Flagship School

WEEK 3



'Your Choice' Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSES	<p>Sweet and sour pork with wholemeal rice</p> <p>Bread</p> <p>Gluten</p>	<p>Mediterranean Pasta with crusty Bread</p> <p>Bread</p> <p>Gluten, eggs, dairy</p>	<p>Roast Beef with yorkshire puddings and roast potatoe</p> <p>Bread</p> <p>Gluten, eggs, dairy</p>	<p>Beef Lasagne</p> <p>Garlic Bread</p> <p>Gluten, dairy</p>	<p>Fish Fingers potato wedges</p> <p>Bread</p> <p>Gluten, fish</p>
VEGETABLES	Mixed vegetables	Carrots	Cabbage	Sweetcorn	Baked Beans
SALAD BOWL	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
STARTERS OR SWEETS	<p>Marble cake with custard</p> <p>Gluten, eggs, dairy</p>	<p>Sponge cake with custard</p> <p>Gluten, eggs, dairy</p>	<p>Flapjack with a glass of fruit juice</p> <p>Gluten</p>	<p>Muffin</p> <p>Gluten, eggs, dairy</p>	<p>Heinz 57</p> <p>Gluten, eggs, dairy</p>

Fresh Fruit or Yoghurt available daily



*Freshly Prepared Dish



* Vegetable and Fruit in season * all meat / milk is local and/or/ organic

* Vegetarian option available on request * all eggs free range

