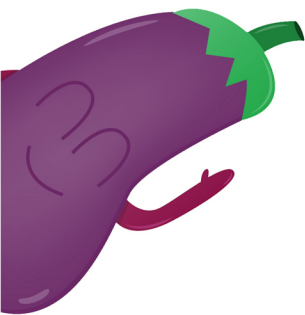




FEEDING OUR FUTURE

MENU PLAN

We offer a fruit or yoghurt dessert option every day if you prefer your child to opt out of the desserts listed on this menu

Please let us have your preference at the beginning of term



Red Tractor



MSC



British Produce

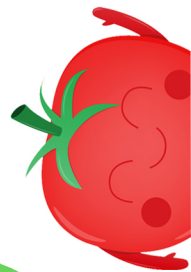


Vegan



Free Range

Lunch & Dessert Menu WEEK 1



Monday

Lunch

Classic butcher's pork sausage w/ Gravy
or

Vegetarian sausage

Both sw/ Sweet red cabbage, apple, peas
& fluffy baby potatoes

Dessert

Fruity fromage frais

Tuesday

Lunch

Smooth tomato & roasted vegetables
butter bean pasta

Dessert

Orange smiles

Wednesday

Lunch

Indian-style fish biryani
or

Spiced chickpea biryani

Both sw/ Fresh cucumber

Dessert

Natural yoghurt w/ Cherry compote

Thursday

Lunch

Juicy pork meatballs & spaghetti
or

Vegetarian meatballs & spaghetti

Both in a herby tomato sauce

Dessert

Carrot, raisin & cream cheese
mini sponge

Friday

Lunch

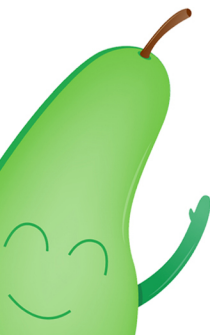
Hearty chicken & vegetable stew
or

Mixed bean & vegetable Stew

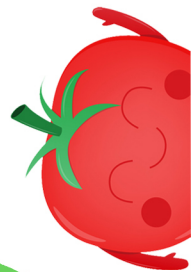
Both sw/ Wholewheat bread

Dessert

Natural yoghurt w/ Blueberry



Afternoon Tea Menu WEEK 1



Monday

Afternoon Tea
Baked beans w/ Toasty bread

Dessert
Blackberry yoghurt

Tuesday

Afternoon Tea
Cauliflower, potato & leek soup

Dessert
Fruit salad

Wednesday

Afternoon Tea
Smoked paprika & butterbean hummus
sw/ Cucumber, raisins & pitta

Dessert
Watermelon

Thursday

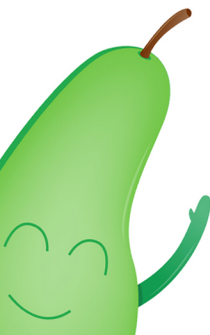
Afternoon Tea
Mexican bean soup
sw/ Wholewheat bread

Dessert
Vanilla & cinnamon peach yoghurt

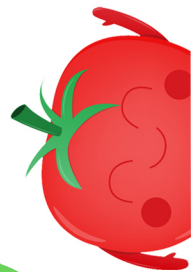
Friday

Afternoon Tea
Butternut squash couscous
& quinoa salad

Dessert
Banana & custard



Lunch & Dessert Menu WEEK 2



Monday

Lunch

Lamb & lentils butterfly pasta
or
Inspired bean & lentil butterfly pasta

Dessert

Chia & blackberry yoghurt

Tuesday

Lunch

Coconut butter chicken
or
Roasted cauliflower & butter bean coconut curry
Both sw/ Fluffy rice

Dessert

Winter berry custard

Wednesday

Lunch

Jacket potato
sw/ Rich veggie ragu &
a cool chive dip

Dessert

Black cherry, beetroot & cocoa
mini sponge

Thursday

Lunch

Fisherman's Salmon & Pollock
tomato pasta
or
Mixed country tomato vegetable pasta

Dessert

Fresh melon

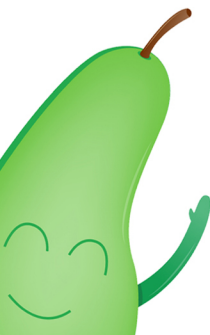
Friday

Lunch

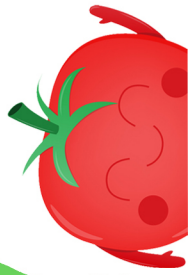
Traditional beef cottage pie
or
Savoury mixed bean cottage pie
Both sw/ Potato & sweet potato mash

Dessert

Smooth spiced apple rice pudding



Afternoon Tea Menu WEEK 2



Monday

Afternoon Tea
Wholewheat hoops & haricot beans
sw/ Wholewheat bread

Dessert
Peach & mandarin in juice

Tuesday

Afternoon Tea
Roasted butternut squash
& chickpea soup
sw/ Pitta

Dessert
Cinnamon apple rice pudding

Wednesday

Afternoon Tea
DIY Egg, sweetcorn & mayonnaise
sw/ Sub roll

Dessert
Berry fruit twist

Thursday

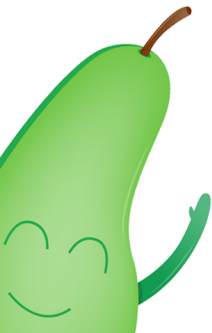
Afternoon Tea
Sweet potato & bean frittata
sw/ Carrot

Dessert
Seasonal fruit

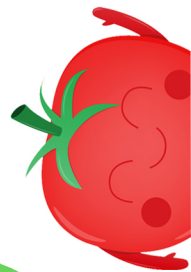
Friday

Afternoon Tea
Carrot & coriander soup
sw/ Wholewheat bread

Dessert
Pear yoghurt



Lunch & Dessert Menu WEEK 3



Monday

Lunch
Chicken biryani
or
Lentil & bean Biryani
sw/ Tangy mango chutney

Dessert
Fruity fromage frais

Tuesday

Lunch
Creamy fish pie
or
Creamy vegetable pie
Both sw/ Baby potatoes & golden puff square

Dessert
Fresh melon slices

Wednesday

Lunch
Chickpea, spinach & sweet potato curry
sw/ Soft naan bread

Dessert
Sliced pears in vanilla-spiced sauce

Thursday

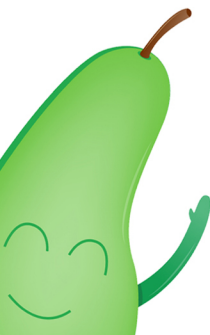
Lunch
Tender chicken breast in gravy
or
Vegetable fingers & baked beans
Both sw/ Baby potatoes & Yorkshire pudding

Dessert
Banana & date mini sponge

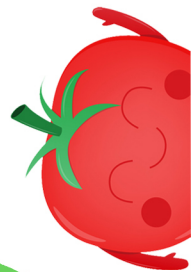
Friday

Lunch
BBQ Sausage & bean casserole
or
Smoky vegetarian sausage & bean casserole
Both sw/ Wholemeal bread

Dessert
Apple, mandarin, plums & melon
fruit salsa



Afternoon Tea Menu WEEK 3



Monday

Afternoon Tea
Baked beans w/ Toasty bread

Dessert
Seasonal melon

Tuesday

Afternoon Tea
Sweet potato & red lentil soup
sw/ Mini naan

Dessert
Black cherry yoghurt

Wednesday

Afternoon Tea
DIY Chicken sub
or
Red pepper hummus
Both sw/ Cucumber & sub roll

Dessert
Peach & custard

Thursday

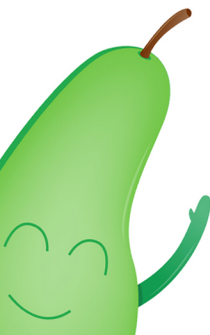
Afternoon Tea
Roasted vegetable hummus
sandwich sw/ Carrot

Dessert
Red berry yoghurt

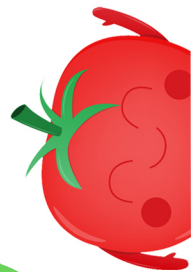
Friday

Afternoon Tea
Butter bean cream cheese
sw/ Pitta & tomato wedges

Dessert
Sticky date rice pudding



Lunch & Dessert Menu WEEK 4



Monday

Lunch
Chinese chicken curry
or
Butter bean & sweet potato curry
sw/ White rice

Dessert
Natural yoghurt w/ Blackberry compote

Tuesday

Lunch
Hearty lentil & mixed root vegetable
hot pot
sw/ Wholewheat bread

Dessert
Smooth apricot rice pudding

Wednesday

Lunch
Creamy pork carbonara
or
Kidney bean & seasonal vegetable carbonara

Dessert
Cheese, apple & raisins

Thursday

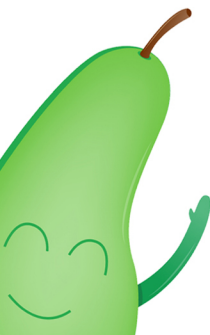
Lunch
Classic lamb chilli con carne
or
Vegan mixed bean chilli
Both sw/ Coriander & lime rice

Dessert
Natural yoghurt w/ Plum

Friday

Lunch
Baked beans & cheddar cheese
sw/ Baked jacket potato

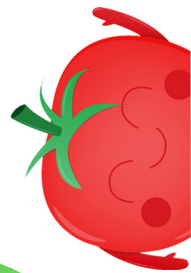
Dessert
Peach, courgette & cream cheese
mini sponge





Feeding Our Future

Afternoon Tea Menu WEEK 4



Monday

Afternoon Tea

DIY Tuna mayo & sweetcorn
or

White bean & cheese mayo & sweetcorn
Both sw/ Sub roll & lettuce

Dessert

Winter berry fromage frais

Tuesday

Afternoon Tea

Roasted mediterranean
vegetable soup sw/ Pitta

Dessert

Banana & date oat bites

Wednesday

Afternoon Tea

Chicken sandwich
or

Hummus sandwich
sw/ Cucumber

Dessert

Fruit salad

Thursday

Afternoon Tea

Broccoli, pea & mint soup
sw/ Wholewheat bread

Dessert

Pear & custard

Friday

Afternoon Tea

Rosemary winter
vegetable frittata

Dessert

Mandarin yoghurt

