



January to Easter Term 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATES for WEEK 1:	Week Commencing: 2nd January/ 23rd January/ 20th February/ 13th March				
MAIN COURSE	Jacket potatoes with a choice of: Beans, tuna, cheese and ham, and boiled eggs.	100% fresh chicken burgers in a BAP with salad and potato wedges, oven baked	Home-made market Fish pie served with light cheese mash	Red tractor pork sausages with Yorkshire pudding gravy seasonal veg	Chicken goujons with chips, beans or peas
VEGETARIAN		Quorn fillets in about salad and potato wedges, oven baked	Mac and cheese	Veggie sausages with Yorkshire pudding gravy seasonal veg	Veggie bites with chips beans or peas
VEGETABLES	Salad cart..... lettuce, peppers, carrots, cucumber	Salad cart.... Lettuce, peppers, carrots, cucumbe	Salad cart.... Lettuce, peppers, carrots, cucumbe	Salad cart.... Lettuce, peppers, carrots, cucumbe	Salad cart.... Lettuce, peppers, carrots, cucumbe
DESSERT	Fruit jelly....yoghurts and fresh fruit bowl	Home-made rice pudding with strawberry jam	Dairy ice cream with wafer sauce and sprinkles	Chocolate chip sponge served with custard	Home-made fresh lemon drizzle cake
DATES for WEEK 2:	Week commencing: 9th January/ 30th January/ 27th February/ 20th March				
MAIN COURSE	Home-made spaghetti Bolognese with pasta and garlic slice	Chicken korma with rice and naan breads or popadom	Home-made chicken and vegetable hotpot with a puff pastry lid, and Herbie potatoes	Barbecue pulled pork Served in a bap, With oven baked wedges and salad	Battered oven baked fish fillets served with chips peas or beans
VEGETARIAN	Vegetarian pasta Bake and garlic slice	Vegetarian korma with rice and naan or a poppadom	Vegetable hotpot with a puff pastry lid.	Veggie sausages in a bar with other baked wedges and salad	Veggie bites or fishfingers fingers with chips beans or peas
VEGETABLES	Salad cart..... lettuce, peppers, carrots, cucumber	Salad cart.... Lettuce, peppers, carrots, cucumbe	Salad cart.... Lettuce, peppers, carrots, cucumbe	Salad cart.... Lettuce, peppers, carrots, cucumbe	Salad cart.... Lettuce, peppers, carrots, cucumbe
DESSERT	White chocolate chip cookies, yoghurts and fresh fruit bowl	Chocolate chip crispy cake, yoghurts or the fresh fruit bowl	Seasonal crumble with ice cream or cream, Yoghurts or the fresh fruit bowl	Ice cream with sprinkles strawberry or chocolate sauce, and a wafer.Yoghurts or the fresh fruit bowl	Home-made chocolate browniesYoghurts or the fresh fruit bowl
DATES for WEEK 3:	Week commencing: 16th January/ 6th February/ 6th March/ 27th March				
MAIN COURSE	Pork meatballs and home-made tomato sauce with spaghetti and garlic slice	Fajita fajita, chicken peppers and home-made sauce, mild.	Home-made beef and vegetable lasagne with garlic slice and salad	Roast Chicken, potatoes, stuffing and gravy and seasonal veg	Fish Fingers with chips peas or beans
VEGETARIAN	Quorn bites served with home-made tomato vegetable sauce and spaghetti with garlic slice	Vegetarian fajita with peppers home-made sauce mild	Vegetable lasagne with garlic slice and salad	Quorn Roast with potatoes stuffing gravy and seasonal veg	Veggie bites or fishfingers fingers with chips beans or peas
VEGETABLES	Salad cart..... lettuce, peppers, carrots, cucumber	Salad cart.... Lettuce, peppers, carrots, cucumbe	Salad cart.... Lettuce, peppers, carrots, cucumbe	Salad cart.... Lettuce, peppers, carrots, cucumbe	Salad cart.... Lettuce, peppers, carrots, cucumbe
DESSERT	Apple crumble with custard or ice cream	Home-made lemon drizzle cake	Chocolate chip cookies, variety of yoghurts and fresh fruit bow	Crumble of the day served with custard or cream, variety of yoghurts or the fresh fruit bowl	Home-made rice pudding with jam
	All main-course and vegetarian dishes come with a choice of homemade dessert (made with reduced sugar), low fat yoghurt or fresh fruit. All meals come with carrot and cucumber sticks plus cherry tomatoes. Jacket potatoes are available daily and are served with reduced salt/sugar baked beans and/or cheese. We are committed to providing a meal, where possible to all pupils regardless of food allergies or intolerances.				
	Farm Assured Meat		MCS Approved		Fresh Fruit Dessert