

LUNCHTIME COTM

WEEK ONE MENU

WEEKS COMMENCING:
• 3RD SEP • 24TH SEP • 15TH OC

NUTRITIONALLY PACKED

All our menus are nutritionally analysed to ensure they meet and exceed The School Food Plan.

WE BUY LOCAL

We use local suppliers because we only use food we can trust which is of a high standard, properly produced, fresh and good value.

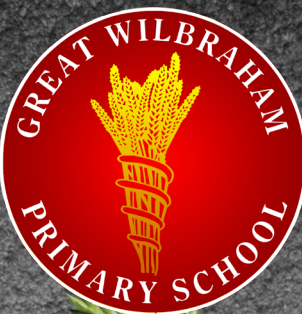
MEAT
FREE 

	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Freshly baked wholemeal bread	Freshly baked focaccia	Freshly baked ciabatta bread	Freshly baked sunflower seed bread	Freshly baked garlic & herb bread
Main Choice 1	Quorn pasta bolognese served with grated cheese & spaghetti	Chicken sausages with mashed potato	Beef lasagne	Roast beef with roast potatoes and yorkshire pudding	Fish fingers & chips with tomato ketchup
Main Choice 2	Roasted vegetable risotto	Penne pasta with tomato and basil sauce	Vegetable stew served with rice	Vegetarian sausages with mashed potato	Aubergine pepper and mozzarella bake
Available every day	Seasonable Vegetables Selection of Salads	Seasonable Vegetables Selection of Salads	Seasonable Vegetables Selection of Salads	Seasonable Vegetables Selection of Salads	Seasonable Vegetables Selection of Salads
Desserts	Eves pudding with custard Sliced fresh fruit	Marble cake Sliced fresh fruit	Sticky Toffee Pudding Sliced fresh fruit	Iced Vanilla Sponge Sliced fresh fruit	Jelly and Ice Cream Sliced fresh fruit

Our mission is to make your lunchtime meal the highlight of your day

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited • All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

SOME OF OUR FOOD MAY CONTAIN ALLERGENS, PLEASE ASK OUR CHEF FOR ADVICE



LUNCHTIME COTM

WEEK TWO MENU

WEEKS COMMENCING:
• 10TH SEP • 1ST OCT

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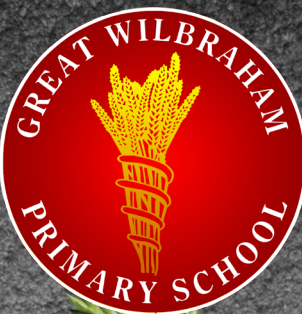
MEAT
FREE 

	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Freshly baked wholemeal bread	Freshly baked focaccia bread	Freshly baked garlic bread	Freshly baked ciabatta bread	Freshly baked wholemeal bread
Main Choice 1	Vegetable stir fry and rice	BBQ Chicken with new potatoes	Mediterranean lamb & couscous	Roast chicken with roast potatoes & yorkshire pudding	Battered fish & chips with tomato ketchup
Main Choice 2	Cheese cauliflower & broccoli bake	Cheese & tomato quiche	Creamy macaroni cheese with leeks	Chick pea & lentil ragu with rice	Vegetable wrap
Available every day	Seasonable Vegetables Selection of Salads	Seasonable Vegetables Selection of Salads	Seasonable Vegetables Selection of Salads	Seasonable Vegetables Selection of Salads	Seasonable Vegetables Selection of Salads
Desserts	Apple crumble & custard Sliced fresh fruit	Flapjack Sliced fresh fruit	Fruit Cookie Sliced fresh fruit	Fudge Tart Sliced fresh fruit	Chocolate sponge cake with chocolate sauce Sliced fresh fruit

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LUNCHTIME COTM

WEEK THREE MENU

WEEKS COMMENCING:
• 17TH SEP • 8TH OCT

NUTRITIONALLY PACKED

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MEAT
FREE 

	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Freshly baked wholemeal bread	Freshly baked focaccia bread	Freshly baked ciabatta bread	Freshly baked wholemeal bread	Freshly baked garlic bread
Main Choice 1	Vegetable sausage in a tomato & garlic sauce with penne pasta	Jerk chicken with rice & peas	Beef burger in a bun with lettuce & tomato	Roast turkey with roast potatoes and yorkshire pudding	Fish and chips
Main Choice 2	Macaroni cheese	Moroccan spiced chickpea and vegetable ragout	Vegetable lasagne with garlic bread	Broccoli & tomato pasta bake with melted cheese	Vegetable flat bread pizza
Available every day	Seasonable Vegetables Selection of Salads	Seasonable Vegetables Selection of Salads	Seasonable Vegetables Selection of Salads	Seasonable Vegetables Selection of Salads	Seasonable Vegetables Selection of Salads
Desserts	Apple & Berry Sponge with custard Sliced fresh fruit	Bakewell tart with custard Sliced fresh fruit	Chocolate and orange brownie Sliced fresh fruit	Jam sponge with custard Sliced fresh fruit	Shortbread biscuit Sliced fresh fruit

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