

Spring Term Menu



WEEK ONE

Choose from either...

- Monday**
- M Pork Meatballs & Tomato Sauce* **DE**
 - V Veggie Balls & Tomato Sauce **DE** ✓
 - JP Cheese **GE**
- Served with
Pasta **DE** / Mixed Veg
- Dessert
Fresh Fruit **DE** / Yoghurt **GE**

Choose from either...

- Tuesday**
- M Roast Chicken & Gravy **DE**
 - V Cheese Omelette **G**
 - JP Spaghetti Hoops **DE** ✓
- Served with
Roast Potatoes **DE** / Carrots
- Dessert
Mini pack Biscuits **E**

Choose from either...

- Wednesday**
- M Turkey dinosaur **E**
 - V Vegetable Fingers **DE** ✓
 - JP Tuna & Sweetcorn with Mayo **GD**
- Served with
Skin-on Potato Wedges **DE** / Baked Beans
- Dessert
Vanilla & Chocolate Mousse **GE**

Choose from either...

- Thursday**
- M Beef Bolognese **DE**
 - V Veggie Lasagne **E**
 - JP Baked Beans **DE** ✓
- Served with
Pasta **DE** / Garlic Bread **E** / Sweetcorn
- Dessert
Fresh Fruit **DE** / Yoghurt **GE**

Choose from either...

- Friday**
- M Fish Fingers **DE**
 - V Vegan Sausages **DE** ✓
 - JP Green Pesto Pasta Salad **E**
- Served with
Saute Potatoes **DE** / Peas
- Dessert
Mini Muffin

WEEK TWO

Choose from either...

- Monday**
- M Hot Dog* **DE**
 - V Veggie Dog **DE** ✓
 - JP Mild Beef Chilli Jacket **DE**
- Served with
Baked Beans / Peas
- Dessert
Fresh Fruit **DE** / Yoghurt **GE**

Choose from either...

- Tuesday**
- M Rice Crispy Coated Salmon **DE**
 - V Vegan Quorn Dippers **DE** ✓
 - JP Cream Cheese Bagel with cucumber **E**
- Served with
Oven Baked Chips **DE** / Baked Beans
- Dessert
Fruit Loaf **DE** ✓

Choose from either...

- Wednesday**
- M Tomato & herb chicken **DE**
 - V Veggie Spring Roll
 - JP Baked Beans **DE** ✓
- Served with
Rice **DE** / Mixed Veg
- Dessert
Pancake

Choose from either...

- Thursday**
- M Sausages & Gravy* **DE**
 - V Quorn Fillet and Gravy **GD**
 - JP Spaghetti Hoops **DE** ✓
- Served with
Roast Potatoes **DE** / Carrots
- Dessert
Fresh Fruit **DE** / Yoghurt **GE**

Choose from either...

- Friday**
- M Beef Lasagne **E**
 - V Wholemeal Cheese and Tomato Pizza **E**
 - JP Baked Beans **DE** ✓
- Served with
Potato Bites **DE** / Sweetcorn
- Dessert
Frozen Fruit Smoothie **DE**

WEEK THREE

Choose from either...

- Monday**
- M Chicken Korma **DE**
 - V Lentil Dahl **DE** ✓
 - JP Cheese **GE**
- Served with
Rice **DE** / Mixed Veg
- Dessert
Fresh Fruit **DE** / Yoghurt **GE**

Choose from either...

- Tuesday**
- M Breaded Chicken Steak **DE**
 - V Veggie Bake **DE** ✓
 - JP Tuna & Sweetcorn with Mayo **GD**
- Served with
Potato Bites **DE** / Garden Peas
- Dessert
Cake Slice **GD**

Choose from either...

- Wednesday**
- M Sausage Roll* **DE**
 - V Vegan Sausage Roll **DE** ✓
 - JP Cheese **GE**
- Served with
Skin-on Potato Wedges **DE** / Baked Beans
- Dessert
Fresh Fruit **DE** / Yoghurt **GE**

Choose from either...

- Thursday**
- M Herby tomato pasta **DE** ✓
 - V Cheesy Pasta **E**
 - JP Baked Beans **DE** ✓
- Served with
Pasta **DE** / Mixed Veg
- Dessert
Mini Donuts

Choose from either...

- Friday**
- M Roast Ham and Gravy* **DE**
 - V Falafel Balls **DE** ✓
 - JP Tuna Bagel with carrot sticks **D**
- Served with
Roast Potatoes **DE** / Carrots
- Dessert
Vanilla & Strawberry Mousse **GE**



Check the Schedule

- M - Main
- V - Vegetarian
- JP - Jacket Potato

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

MARCH						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

APRIL						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



* - Contains Pork

All meals are served with vegetables

- D - Dairy Free
- G - Gluten Free
- E - Egg Free
- ✓ - Vegan

Allergies and Free-From Meals

On our menu, after each meal are some, or one, or no letters - either D, G or E. These refer to allergies that affect some children.

- D** - Signifies that a meal is Dairy Free
- G** - Signifies that a meal is Gluten Free
- E** - Signifies that a meal is Egg Free
- V** - Signifies that a meal is Vegan

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free, one which is Egg Free and one which is Vegan. All our meals are Nut Free.

If your child has any of these special dietary requirements, please be sure to tick the box for the meal that suits your child each day.

Our seasonal menu is written using the School Food Plan guidelines and includes a variety of different protein sources, oily fish, two 50% fruit-based desserts a week and a meat-free day...

Check the Schedule overleaf



GENSUS DAY!

Choose from

M Beef Burger **DE**

V Veggie Burger **DEV**

JP Cheese **GE** served with salad

Thursday
16th January



FORERUNNER
MORE THAN JUST A MEAL

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