

LUNCHTIME COTM

WEEK ONE MENU

WEEKS COMMENCING: • 1ST OCT • 29TH OCT • 19TH NOV
• 10TH DEC • 7TH JAN • 28TH JAN • 25TH FEB • 18TH MARCH

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 bread	Freshly baked bread	Freshly baked bread	Freshly baked bread	Freshly baked bread
Main Choice 1	Vegetable burger with wedges	Chicken pie with new potatoes	Beef lasagne	Roast pork with roast potatoes and yorkshire pudding	Fish fingers & chips with tomato ketchup
Main Choice 2	Homemade cheese & potato pasty	Penne pasta with tomato and basil sauce	Vegetable stew served with rice	Vegetarian sausages with roast potatoes and yorkshire pudding	Aubergine and pepper 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	Chocolate brownie Sliced fresh fruit	Jelly Sliced fresh fruit	Marble cake Sliced fresh fruit	Fruit cookies Sliced fresh fruit	Sticky toffee pudding with toffee sauce 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: • 8TH OCT • 5TH NOV • 26TH NOV
• 17TH DEC • 14TH JAN • 4TH FEB • 4TH MARCH • 25TH MARCH

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FREE 

	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Freshly baked bread	Freshly baked bread	Freshly baked bread	Freshly baked bread	Freshly baked bread
Main Choice 1	Cheese and tomato pizza	BBQ chicken with new potatoes	Beef chilli with rice	Roast chicken, roast potatoes & yorkshire pudding	Battered fish & chips with tomato ketchup
Main Choice 2	Cheese cauliflower & broccoli bake	Vegetable stir fry and rice	Chick pea & lentil ragu with rice	Vegetarian quesadillas	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	Shortbread biscuits Sliced fresh fruit	Mixed fruit cheesecake Sliced fresh fruit	Chocolate sponge cake with chocolate sauce Sliced fresh fruit

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LUNCHTIME COTM

WEEK THREE MENU

WEEKS COMMENCING: • 15TH OCT • 12TH NOV • 3RD DEC
• 31ST DEC • 21ST JAN • 11TH FEB • 11TH MARCH • 1ST APRIL

NUTRITIONALLY PACKED

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MEAT FREE 

	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Freshly baked bread	Freshly baked bread	Freshly baked bread	Freshly baked bread	Freshly baked bread
Main Choice 1	Macaroni cheese	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	Jacket potato with toppings, cheese, beans, tuna mayo, coleslaw	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 sponge pudding with custard Sliced fresh fruit	Chocolate cookies Sliced fresh fruit	Jam sponge & custard Sliced fresh fruit	Ice cream Sliced fresh fruit	Bakewell tart Sliced fresh fruit

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