Main Menu Term 1 and 2

Seasonal vegetables/salad, wholemeal bread, fruit yoghurts and fresh fruit are provided every day.

All meals are freshly prepared and designed to meet School Food Standards.

Week 1 W/C: 31.08, 28.09, 02.11, 30.11	**Main**	Chicken wrap and new potatoes	Creamy chicken sweetcorn pasta bake with garlic bread	Chicken and veg pie roast dinner with roast potatoes and gravy	BBQ chicken rice wrap	MSC fish fingers / Salmon fishcakes and oven chips
	Vegetarian	Vegetable wrap and new potatoes	Creamy veggie sweetcorn pasta bake with garlic bread	Quorn roast dinner with roast potatoes, Yorkshire and gravy	BBQ bean and cheese rice wrap	Cheese and tomato margarita pizza and oven chips
	Jacket potato	Grated cheddar	Baked beans	Tuna sweetcorn	Grated cheddar	Baked beans
	Tomato pasta	Hot veggie and protein packed tomato pasta option available daily (v) Also available as GF/DF option.				
	Lunchbox	Chicken cream cheese wrap, Crackers, Sugar snap peas, Satsuma	Cream cheese salad roll, Bread sticks, Celery sticks, Apple	Tuna salad roll, Oat cakes, Cucumber slices, Sultanas	Chicken salad wholemeal wrap, Ritz crackers, Carrot sticks, Pear	Cheese and tomato roll, Tortilla chips, Pepper strips, Watermelon, Malt loaf
	Dessert	Fruity crunch cookie	Sticky toffee apple cake	Apple and berry sponge	Chocolate brownie slice	Ice cream and fruit
Week 2 W/C: 07.09, 05.10, 09.11, 07.12	**Main**	Italian meatballs and pasta	Beef and tomato rice bowl	Chicken roast dinner with roast potatoes, Yorkshire and gravy	Mild chicken korma with brown and white rice	Crispy chicken goujons with potato wedges
	Vegetarian	Italian veggie meatballs and pasta	Veggie rice bowl	Home style bean bake roast dinner with roast potatoes, Yorkshire and gravy	Mild veggie curry with brown and white rice	Cheese and tomato pizza
	Jacket potato	Grated cheddar	Baked beans	Tuna sweetcorn	Grated cheddar	Baked beans
	Tomato pasta	Hot veggie and protein packed tomato pasta option available daily (v) Also available as GF/DF option.				
	Lunchbox	Cream cheese salad roll, Bread sticks, Celery sticks, Apple	Egg mayo salad wrap, Bread sticks, Cucumber slices, Apple	Tuna salad wrap, crisps, Sugar snap peas, Satsuma	Cheese and tomato roll, Oat cakes, Cucumber slices, Sultanas	Pizza bread, Tortilla chips, Pepper strips, Watermelon, Malt loaf
	Dessert	Fruity oaty flapjack	Apple crumble cake	Iced malty fruitcake	Chocolate celebration cake	Ice cream and fruit
Week 3 W/C: 14. 09, 12..10, 16.11, 14.12	**Main**	Sausage roll and new potatoes	Chicken fajita rice	Beef and veg pie roast dinner with roast potatoes and gravy	Cheesy chicken pasta bake	Fish fingers and potato wedges
	Vegetarian	Veggie sausage roll and new potatoes	Bean and cheese fajita rice	Quorn roast dinner with roast potatoes, Yorkshire, gravy	Cheesy veggie pasta bake	Cheese and tomato pizza and skin on fries
	Jacket potato	Grated cheddar	Baked beans	Tuna and sweetcorn	Grated cheddar	Baked beans
	Tomato pasta	Hot veggie and protein packed tomato pasta option available daily (v) Also available as GF/DF option.				
	Lunchbox	Chicken salad wholemeal wrap, Ritz crackers, Carrot sticks, Pear	Egg mayo salad wrap, Bread sticks, Celery sticks, Apple	Tuna salad roll, Oat cakes, Cucumber slices, Sultanas	Cream cheese and tomato wholemeal wrap, Ritz crackers, Carrot sticks, Pear	Cheese and tomato roll, Tortilla chips, Pepper strips, Watermelon, Malt loaf
	Dessert	Chocolate cookie	Pear and vanilla sponge	Cranberry crunch flapjack	Banana and apple loaf cake	Ice cream and fruit
Week 4 W/C: 21.09, 19.10, 23.11	**Main**	Cheesy meatball pasta bake	Beef burrito wrap	Chicken roast dinner with roast potatoes, Yorkshire and gravy	Classic beef bolognese pasta with cheese sprinkle and garlic bread	Fishcake / Salmon fishcake and chunky chips
	Vegetarian	Cheesy veggie meatball pasta bake	Veggie burrito wrap	Home style lentil bake roast dinner with roast potatoes, Yorkshire and gravy	Veggie bolognese pasta with cheese sprinkle and garlic bread	Cheese and tomato pizza and chunky chips
	Jacket potato	Grated cheddar	Baked beans	Tuna sweetcorn	Grated cheddar	Baked beans
	Tomato pasta	Hot veggie and protein packed tomato pasta option available daily (v) Also available as GF/DF option.				
	Lunchbox	Cheese ploughman's roll, Crackers, Sugar snap peas, Satsuma	Chicken salad wrap, crisps, sugar snap peas, satsuma	Tuna salad wholemeal wrap, Ritz crackers, Carrot sticks, Pear	Cheese salad roll, Oat cakes, Cucumber slices, Sultanas	Pizza bread, Tortilla chips, Pepper strips, Malt loaf, Watermelon
	Dessert	Croissant and fruity jam	Peach sponge cake	Oaty apple crumble slice	Zesty orange drizzle cake	Ice cream and fruit