#### School meals – Cafeteria Service

## Jacket potatoes, fruit and salad are available each day.

Please advise of any other dietary requirements. Meals cost £2.40. Menus are also available to view on the school web site.

Week 1(weeks beg: 31/08, 05/10, 16/11, 04/01, 08/02, 22/03, 10/05, 21/06)

Monday	Tuesday	Wednesday	Thursday	Friday
<ul> <li>Chicken and pea risotto (with cheese)</li> <li>Jacket potato with cheese / beans / tuna</li> </ul>	<ul><li>Mediterranean chicken and rice</li><li>Pizza</li><li>Wedges</li></ul>	<ul> <li>Roast pork, boiled potatoes, fresh vegetables, gravy</li> <li>Vegetable curry and rice</li> </ul>	<ul> <li>Cheese pasty, sauté potatoes, plum tomatoes</li> <li>Sausages</li> <li>Pasta twists</li> </ul>	<ul> <li>Tuna pasta bake and herby leaf salad</li> <li>Vegetable burger</li> <li>Chips</li> <li>Peas</li> </ul>
<ul><li>Strawberry</li><li>Sponge and</li><li>Custard</li><li>Flapjack</li></ul>	• Carrot cake • Whip	• Cheesecake • Bar	<ul><li>Gooey Orange pudding with cream</li><li>Yoghurts</li></ul>	<ul><li>Flapjack</li><li>Jelly and cream</li></ul>

### Week 2(weeks beg: 07/09, 12/10, 23/11, 11/01, 22/02, 29/03, 17/05, 28/06)

Monday	Tuesday	Wednesday	Thursday	Friday
<ul><li>Cheese and</li></ul>	<ul> <li>Meatballs in a</li> </ul>	<ul> <li>Honey glazed</li> </ul>	<ul> <li>Spaghetti</li> </ul>	• Chilli con carne
tomato pizza	tomato sauce	gammon, buttered	bolognaise	<ul> <li>Vegetable Chilli</li> </ul>
with coleslaw	<ul><li>Lentil loaf</li></ul>	potatoes, fresh	<ul> <li>Cheese quiche</li> </ul>	• Rice
and chips	<ul><li>Creamed</li></ul>	vegetables and	<ul> <li>Saute potatoes</li> </ul>	• Cheese
<ul><li>Meat curry and</li></ul>	potatoes	parsley sauce	<ul><li>Sweetcorn</li></ul>	
rice	• Beans	<ul> <li>Kidney bean kievs</li> </ul>		
• Banana cake	<ul><li>Jam roly poly and</li></ul>	• Fresh fruit platter	Jelly and cream	Banana Whip
• Bar	custard	<ul><li>Fruit cake</li></ul>	• Cake	• Slice
	<ul><li>Cake</li></ul>			

#### Week 3 (weeks beg: 14/09, 19/10, 30/11, 18/01, 01/03, 19/04, 24/05, 05/07)

Monday	Tuesday	Wednesday	Thursday	Friday
<ul> <li>Spaghetti in tomato and cheese sauce, crusty bread</li> <li>Cajun chicken wrap</li> <li>Half loaded jackets</li> <li>Sweetcorn</li> </ul>	<ul> <li>Fish fingers, creamed potatoes, spaghetti hoops</li> <li>Roasted vegetable and pesto wrap</li> <li>Wedges</li> </ul>	<ul> <li>Roast chicken, roast potatoes, fresh vegetables, gravy</li> <li>Mushroom stroganoff and rice</li> </ul>	<ul> <li>Cottage pie and vegetable medley</li> <li>Lentil and broccoli bake</li> <li>Chopped tomatoes</li> </ul>	<ul> <li>Chicken korma and rice</li> <li>Vegetable toad in the hole</li> <li>Creamed potatoes</li> <li>Seasonal vegetables</li> </ul>
Bar     Yoghurts	◆ Fruit Crumble     ◆ Bar		<ul><li>Chocolate marble cake and vanilla sauce</li><li>Bar</li></ul>	<ul><li>Fruitcake</li></ul>

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Week 4 (weeks beg: 21/09, 02/11, 07/12, 25/01,08/03, 26/04, 07/06, 12/07)

Monday	Tuesday	Wednesday	Thursday	Friday
<ul> <li>Sweet and sour chicken and rice</li> <li>Cheese and potato pie</li> <li>Beans</li> </ul>	<ul><li>Sausage mash and beans</li><li>Rice loaf</li><li>Seasonal vegetables</li></ul>	<ul> <li>Roast Beef, roast potatoes, fresh vegetables and gravy</li> <li>Spicy tortilla wraps</li> </ul>	<ul><li>Chilli con carne and rice</li><li>Tomato and chickpea pasta</li></ul>	<ul><li>Fishcakes</li><li>Vegetable pittas</li><li>Chips</li><li>Peas</li></ul>
<ul><li>Raspberry flapjack</li><li>Whip</li></ul>	<ul><li>Lemon sponge and custard</li><li>Cake</li></ul>	Yoghurt     Sultana cake	• Cheesecake • Cake	Gateau     Bar

**Week 5** (weeks beg: 28/09, 09/11, 14/12, 01/02, 15/03, 03/05, 14/06, 19/07) (Please note Christmas lunch is Thursday 17/12/20)

Monday	Tuesday	Wednesday	Thursday	Friday
<ul> <li>Fishermans Pie with new potatoes and vegetable medley</li> <li>Macaroni cheese</li> </ul>	<ul> <li>Beef Lasagne</li> <li>Pizza</li> <li>Half loaded jackets</li> <li>Crusty bread</li> <li>Sweetcorn</li> </ul>	<ul> <li>Roast Chicken and stuffing, roast potatoes, vegetables, gravy</li> <li>Rice loaf</li> </ul>	<ul> <li>Sausage Plait with creamed potatoes</li> <li>Vegetable pie</li> <li>Beans</li> </ul>	<ul> <li>Hot dog sausages and chips</li> <li>Vegetable risotto</li> <li>Coleslaw</li> </ul>
<ul><li>Mandarin sponge and custard</li><li>Yoghurts</li></ul>	Apple crumble and custard     Jelly and cream	◆ Fruit Slice     ◆ Whip	Chocolate crunch and pink sauce     Bar	Shortbread     Cake