



Example School Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Drinks and break time snacks	Fresh milk and water Fresh fruit Oaty or digestive biscuits Carrot and cucumber sticks	Fresh milk and water Fresh fruit Oaty or digestive biscuits Carrot and cucumber sticks	Fresh milk and water Fresh fruit Oaty or digestive biscuits Carrot and cucumber sticks	Fresh milk and water Fresh fruit Oaty or digestive biscuits Carrot and cucumber sticks	Fresh milk and water Fresh fruit Oaty or digestive biscuits Carrot and cucumber sticks
Main Meal	Beef Lasagne	Sizzling Sausages	Crispy Chicken with Sweet & Sour Sauce	Hooray! Its Roast Day Roast Beef with Yorkshire Pudding	Battered Cod Fillet
Vegetarian meal	Sweet Potato Lasagne	Vegetarian Sausages	Sweet & Sour Vegetables	Roast Pepper Omelette	Vegetable Sausage Roll
Served with	Fresh Broccoli	Mashed Potatoes, Peas & Carrots	New Potatoes, Cabbage & Corn	Roast Potatoes, Broccoli & Carrots	New Potatoes & Garden Peas
Salad Bar Daily	Diced tomatoes Cucumber Shredded lettuce Fresh pasta New potatoes Flaked tuna Sliced egg Coleslaw Mixed sliced peppers	Diced tomatoes Cucumber Shredded lettuce Fresh pasta New potatoes Coronation chicken Grated cheese Green bean salad Curried cauliflower	Diced tomatoes Cucumber Shredded lettuce Fresh pasta New potatoes Sliced ham Quartered eggs Sweet potato salad Radish & tomato	Diced tomatoes Cucumber Shredded lettuce Fresh pasta New potatoes Mayonnaise prawns Grated Edam cheese Red cabbage salad Grated carrots	Diced tomatoes Cucumber Shredded lettuce Fresh pasta New potatoes Sliced ham Vegetable bhaji Coleslaw Mushroom couscous
Pudding	Shortcake & Strawberry Yoghurt	Chocolate Chip Cake	Sticky Toffee Pudding & Toffee Sauce	Mixed Fruit Crumble & Custard	Lemon Drizzle Cake & Cream
Fruit and Yoghurt	Fresh selection of cut fruit Home-made natural yoghurt served with sauce	Fresh selection of cut fruit Home-made natural yoghurt served with sauce	Fresh selection of cut fruit Home-made natural yoghurt served with sauce	Fresh selection of cut fruit Home-made natural yoghurt served with sauce	Fresh selection of cut fruit Home-made natural yoghurt served with sauce
After school clubs	Selection of freshly made sandwiches	Selection of freshly made sandwiches	Selection of freshly made sandwiches	Selection of freshly made sandwiches	Selection of freshly made sandwiches

Gluten, dairy free & diabetics are all catered for daily