

ONE

TWO

THREE

1st Jan, 22nd Jan, 19th Feb  
12th Mar8th Jan, 29th Jan, 26th Feb  
19th Mar15th Jan, 5th Feb, 5th Mar  
26th Mar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Chicken Chow Mein**  
**Potato & Courgette Layer Bake**

Sweetcorn &amp; Green Beans

Fruit Yoghurt & Shortbread  
Yoghurt / Fresh Fruit Salad**Macaroni Pastitsio**  
**Wholemeal Spinach & Tomato**  
**Quiche with New Potatoes**Courgettes in a Tomato Sauce  
& CauliflowerApple & Mixed Berry  
Crumble & Custard  
Yoghurt / Fresh Fruit Salad**Roast Pork with Roast Potatoes & Gravy**  
**Mixed Vegetable Loaf with Roast Potatoes**  
**& Gravy**

Carrot &amp; Swede Mash

Apple, Cheese & Biscuits  
Yoghurt / Fresh Fruit Salad**Beef Meatballs in a Tomato Sauce**  
**with Rice**  
**Macaroni Cheese with Tomato Topping**

Sweetcorn &amp; Mixed Peppers

Pineapple Upside Down Cake with  
Custard  
Yoghurt / Fresh Fruit Salad**MSC Breaded Fish with Chipped**  
**Potatoes & Tomato Sauce**  
**Glamorgan Sausage with**  
**Chipped Potatoes**

Baked Beans &amp; Garden Peas

Pear & Ginger Muffin  
Yoghurt / Fresh Fruit Salad**Hot Dogs with Homemade Tomato Sauce**  
**& Homemade Jacket Wedges**  
**Vegetable Wholemeal Pasta Bake**Tomato & Red Onion Slaw  
Green SaladPear Crumble & Custard  
Yoghurt / Fresh Fruit Salad**Wholemeal Chicken & Red Pepper Pizza**  
**with Baked Potato**  
**Lentil & Vegetable Curry with Rice**

Roasted Vegetables

Banana Sponge & Custard  
Yoghurt / Fresh Fruit Salad**Roast Turkey with Roast Potatoes**  
**& Gravy**  
**Cheese & Pepper Whirl**  
**with Roast Potatoes**

Broccoli &amp; Sliced Carrots

Chocolate Cookie with Natural Yogurt  
Yoghurt / Fresh Fruit Salad**Beef Goulash with Rice**  
**Quorn Mince Pasta Bolognese**

Baked Tomatoes &amp; Sweetcorn

Apple & Berry Strudel with Custard  
Yoghurt / Fresh Fruit Salad**MSC Battered Fish with Chipped**  
**Potatoes & Tomato Sauce**  
**Cheese & Tomato Pizza with**  
**Chipped Potatoes**

Baked Beans &amp; Garden Peas

Chocolate & Orange Brownie  
Yoghurt / Fresh Fruit Salad**Beef Burger in a Bun with**  
**Oven Baked New Potatoes**  
**Chinese Vegetarian Spring**  
**Roll with Oven Baked New Potatoes**

Broccoli &amp; Sweetcorn

Carrot & Sultana Cake with Custard  
Yoghurt / Fresh Fruit Salad**Turkey & Leek Pie with Mashed**  
**Potato Topping**  
**Mixed Bean Cassoulet**  
**with Mashed Potato**

Cauliflower &amp; Green Beans

Tutti Fruity Tuesday  
Yoghurt / Fresh Fruit Salad**Roast Chicken & Stuffing with**  
**Roast Potatoes & Gravy**  
**Vegetarian Wellington**  
**with Roast Potatoes**

Shredded Cabbage &amp; Carrots

Jelly with a side of Mandarins  
Yoghurt / Fresh Fruit Salad**Beef Tortilla Stack & Rice with**  
**Garlic Slice**  
**Chick Pea Aloo Chaat with Rice**

Roasted Vegetable Medley

Wholemeal Peach Crumble & Custard  
Yoghurt / Fresh Fruit Salad**MSC Salmon Fish Fingers with**  
**Chipped Potatoes, Tomato Sauce**  
**Cheese Tomato & Spinach**  
**Frittata with Chipped Potatoes**

Baked Beans &amp; Garden Peas

Lemon & Cucumber Cake  
Yoghurt / Fresh Fruit SaladAVAILABLE  
EVERY DAY...**Jacket Potatoes**freshly cooked daily where  
advertised with a choice of fillings**Bread**

freshly baked on site daily

**Daily salad selection**there will be a selection of salad  
items available daily**Fresh Fruit & Yoghurt**

available daily

WE USE LOCALLY  
SOURCED INGREDIENTS  
WHEN AVAILABLE  
AND IN SEASONAll our menus are  
nutritionally analysed to  
ensure they meet and in  
most cases exceed  
The School Food Standards  
We hope your child enjoys  
our new menus.Menus could be subject to  
local change, please check  
your child's school for any  
bespoke changes.

Vegetarian option



Oily fish

Marine Stewardship  
Council details  
Web: [www.msc.org](http://www.msc.org)  
Chain of Custody  
Registration Code  
MML - C 1009