


















WEEK ONE

Week Commencing: 10th November 2014,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MSC Fillet Fish Fingers Diced Potatoes Peas and Sweetcorn</p> 	<p>Southern Style Chicken Breast with Potato Wedges, Seasonal Mixed Salad and Coleslaw</p> 	<p>Roast Pork Loin with Apple Sauce, Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Cauliflower with Gravy</p> 	<p>Turkey Pie Fresh Creamed Potatoes Mixed Vegetables with Gravy</p> 	<p>Cheese & Tomato Pizza Jacket Potato Seasonal Mixed Salad or Peas & Sweetcorn</p> 
<p>Quorn Burger in a Bun Diced Potatoes Peas and Sweetcorn or Seasonal Mixed Salad</p> 	<p>Vegetable Country Bake with Potato Wedges Green Beans and Carrots and Vegetarian Gravy</p> 	<p>Quorn Fillet Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Cauliflower with Vegetarian Gravy</p> 	<p>Cheesy Jacket Potato with Baked Beans Seasonal Mixed Salad & Coleslaw</p> 	<p>Vegetable Lasagne Served with Garlic Bread Peas & Sweetcorn or Mixed Salad & Coleslaw</p> 
<p>Chocolate Oatcake or Frozen Yoghurt</p>  <p>Fruit Juice Drink</p>	<p>Flapjack with Pumpkin Seeds & Raisins or Apple & Orange Slices</p>  <p>Milk Shake</p> 	<p>Apple & Mincemeat Tart With Custard or Seasonal Fresh Fruit Salad</p> 	<p>Fruit Muffin with Custard or Dried Fruit</p>  <p>Milk Shake</p> 	<p>Carrot Cake with Custard or Bananas & Custard</p> 

AVAILABLE DAILY

Available Daily: Seasonal Salad Bar / Seasonal Fruit Bowl / Yeo Valley Organic Fruit Yoghurt / Ambrosia Rice Pot / Cheese with Crackers.
Unlimited Additional Bread & Chilled Water. Ketchup available with selected dishes.










































Jacket Potato / Rice / Pasta / Egg Noodles or Couscous can be substituted for potatoes.
Our dishes are prepared fresh each day. Menus may change to meet customers' preferences or if the school have a promotional event. Fresh fruits and vegetables used are subject to seasonal variation. A range of locally sourced products are used.

 Contains Gluten
  Contains Celery
  Contains Mustard
  Contains Egg
  Contains Fish
  Contains Lupin
  Contains Milk
  Contains Soybeans
  Contains Nuts
  Contains Sulphur Dioxide
  Contains Crustaceans

WEEK TWO



Week Commencing: 17th November 2014,












MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Pork Meatballs with W/M Tomato Pasta Mixed Vegetables</p> 	<p>Lasagne made with Organic Minced Beef served with Garlic Bread, Peas & Sweetcorn or Mixed Salad & Coleslaw</p>    	<p>Roast Turkey Joint accompanied with Sage & Onion Stuffing Oven Baked Dry Roasted Potatoes, Seasonal Cabbage & Swede with Gravy</p> 	<p>Cottage Pie made with Organic Minced Beef served with Broccoli and Carrots</p> 	<p>Cheese & Tomato Pizza with Chips Peas & Carrots or Salad</p>  
<p>Vegetarian Moussaka Diced Potatoes Mixed Vegetable</p>   	<p>Quorn & Broccoli Bake Herby Diced Potatoes Peas & Sweetcorn</p>    	<p>Sweet & Sour Quorn with Stir-fry Vegetable and Egg Noodles</p>    	<p>Vegetarian Cottage Pie served with Broccoli and Carrots</p>  	<p>Basil & Tomato Pasta Peas & Carrots</p>  
<p>Ginger Fudge Cake with Vanilla Sauce or Iced Fruit Smoothie</p>   	<p>Apple Eves Pudding with Custard or Cheese & Grapes with Crackers</p>   	<p>Steamed Syrup Sponge with Custard Sauce or Seasonal Fresh Fruit Salad</p>   	<p>Fruit Swirl or Portion of Dried Fruit</p> 	<p>Chocolate Flapjack or Ice Cream Sponge Roll</p>    
<p>Milk Shake</p> 	<p>Fruit Juice Drink</p>			

AVAILABLE DAILY

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WEEK THREE



Week Commencing: 24th November 2014,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Bolognaise made with Organic Minced Beef served with W/M Penne and Garlic Bread Green Beans & Carrots </p>	<p>Chicken Curry with Rice & Naan Bread Mixed Vegetables  </p>	<p>Roast Beef accompanied with Yorkshire Pudding, Oven Baked Dry Roasted Potatoes, Broccoli and Cauliflower with Gravy   </p>	<p>MSC Breaded Salmon Nuggets Fresh Creamed Potatoes Carrots & Peas    </p>	<p>Cheese & Tomato Pizza Potato Wedges with Baked Beans or Seasonal Mixed Salad & Coleslaw     </p>
<p>Quorn Dippers in a Wrap with Seasoned Potato Wedges Seasonal Mixed Salad Green Beans & Carrots     </p>	<p>Vegetarian Chilli with Rice Mixed Vegetables </p>	<p>Macaroni Cheese Oven Baked Dry Roasted Potatoes, Broccoli and Cauliflower with Gravy   </p>	<p>Vegetarian Sausage Fresh Creamed Potatoes Carrots & Peas with Vegetarian Gravy  </p>	<p>Vegetarian Spaghetti Bolognaise served with Garlic Bread Sweetcorn and Peas  </p>
<p>Crunchy Carrot Cookies or Dried Fruit   </p> <p>Milk Shake </p>	<p>Melting Moment Biscuits or Apple & Cheese with Crackers  </p> <p>Fruit Juice Drink</p>	<p>Apple Crumble with Custard or Seasonal Fresh Fruit Salad  </p>	<p>Chocolate Cake with Vanilla Sauce or Cheese & Grapes with Crackers   </p>	<p>Apple and Date Delight or Apple & Orange Slices</p> <p>Milk Shake  </p>

AVAILABLE DAILY

Available Daily: Seasonal Salad Bar / Seasonal Fruit Bowl /  Yeo Valley Organic Fruit Yoghurt /  Ambrosia Rice Pot /   Cheese with Crackers. Unlimited Additional Bread & Chilled Water. Ketchup available with selected dishes.



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