

WEEK ONE

Week Commencing: 20th April 2015, 11th May 2015, 8th June, 29th June 2015, 20th July 2015, 14th September 2015, 5th October 2015, 2nd November 2015.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Pork Loin Slice Diced Potatoes Green Beans & Diced Carrots with Gravy</p>	<p>Spaghetti Bolognese made with Organic Minced Beef served with Garlic Bread Peas & Sweetcorn</p>	<p>Roast Turkey Joint Oven Baked Dry Roasted Potatoes Seasonal Broccoli & Diced Carrots with Gravy</p>	<p>Stir-Fry Chicken & Vegetable, With Sweet & Sour Sauce And Egg Noodles</p>	<p>*Cheese & Tomato Pizza Potato Wedges Seasonal Mixed Salad Or Seasonal Vegetables</p>
<p>*Vegetarian Spaghetti Bolognese Green Beans & Diced Carrots</p>	<p>MSC Fish Cake Potato Smiles Peas & Sweetcorn</p>	<p>Cottage Pie made with Organic Minced Beef Seasonal Broccoli & Diced Carrots Gravy</p>	<p>*Pork Meatballs in Gravy with Fresh Creamed Potatoes Mixed Vegetables</p>	<p>MSC Seaside Style Pollack Fillet Potato Wedges Seasonal Mixed Salad Or Mushy Peas</p>
<p>Macaroni Cheese Green Beans & Diced Carrots or Mixed Salad & Coleslaw</p>	<p>*Quorn Caribbean Wrap Potato smiles Peas & Sweetcorn</p>	<p>*Vegetable Bake Oven Baked Dry Roasted Potatoes Seasonal Broccoli & Diced Carrots with Gravy</p>	<p>*Quorn Dippers with Sweet & Sour Sauce Stir-fry Vegetable and Egg Noodles</p>	<p>Vegetable Curry using Seasonal Vegetables with Rice & Naan Bread</p>
<p>Fruit Shortbread Or Portion of Dried Fruit ** Milk Shake</p>	<p>*Iced Fruit Smoothie Or Apple & Orange Slices ** Milk Shake</p>	<p>Chocolate Cracknell with Vanilla sauce Or Seasonal Fresh Fruit Salad</p>	<p>Pineapple Upside Down Sponge with Custard Or Apple & Cheese with Crackers</p>	<p>Apple Eve Sponge with Custard Or *Ice Cream Sponge Roll ** Fruit Juice Drink</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 or Milk. 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. * Denotes Purchased Products. 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

MSC - C - 50678

WEEK TWO

Week Commencing: 27th April 2015, 18th May 2015, 15th June 2015, 6th July 2015, Wednesday 2nd September 2015, 21st September 2015, 12th October 2015.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* Gammon Steak & Pineapple Low Fat Chips Baked Beans & Peas</p>	<p>Roast Chicken Breast accompanied with Sage & Onion Stuffing Herby Diced Potatoes Carrots & Green Beans</p>	<p>Roast Beef accompanied with Yorkshire Pudding Oven Baked Dry Roasted Potatoes Seasonal Cabbage & Swede with Gravy</p>	<p>Pork loin slice Dry Roast Potatoes Mixed Vegetables Gravy</p>	<p>* Cheese & Tomato Pizza with Jacket Potato Peas & Sweetcorn</p>
<p>* Southern Style Chicken Breast Low Fat Chips Baked Beans & Peas</p>	<p>Beef Lasagne made with Organic Minced Beef With Garlic Bread Carrots & Green Beans</p>	<p>Chicken Casserole Oven Baked Dry Roasted Seasonal Cabbage & Swede with Gravy</p>	<p>* Deli Chicken Chunks in a Wrap with Seasoned Dry Roast Potatoes Seasonal Mixed Salad</p>	<p>* MSC Breaded Alaskan Salmon Fillet with Jacket Potato Peas & Sweetcorn</p>
<p>Cheese Whirl Low Fat Chips Baked Beans & Peas</p>	<p>Quorn & Broccoli Bake Herby Diced Potatoes Carrots & Green Beans</p>	<p>Quorn Burger in a Bun Oven Baked Dry Roasted Potatoes Seasonal salad</p>	<p>Vegetable Lasagne With Garlic Bread Mixed Salad & Coleslaw</p>	<p>Cheesy Pasta Bake with Potato Topping Peas & Sweetcorn</p>
<p>Chocolate Oatcake Or * Angel Delight with Tinned Fruit ** Fruit Juice Drink</p>	<p>Carrot Cake with Custard Or * Frozen Yoghurt ** Milk Shake</p>	<p>Chocolate & Pear Sponge with Vanilla Sauce Or Seasonal Fresh Fruit Salad</p>	<p>Banana Muffin Or Portion of Dried Fruit ** Milk Shake</p>	<p>Ice Bun Or Ice cream</p>

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



MSC - C - 50678

WEEK THREE

Week Commencing: 4th May 2015, 1st June 2015, 22nd June 2015, 13th July 2015, 7th September 2015, 28th September 2015, 19th October 2015.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p> *Baked Sausages Fresh Creamed Potatoes Carrots & Peas with Gravy</p>	<p> Roast Chicken Breast accompanied with Sage & Onion Stuffing With Potato Wedges Sweetcorn & Green Beans</p>	<p>Roast Pork loin accompanied with Apple Sauce Oven Baked Dry Roasted Potatoes, Broccoli and Cauliflower with Gravy</p>	<p> Beef Curry with Organic Minced Beef and & Naan Bread Peas & Sweetcorn</p>	<p> * Cheese & Tomato Pizza Potato Wedges With Baked Beans or Seasonal Mixed Salad & Coleslaw</p>
<p> * MSC Breaded Salmon Nuggets Fresh Creamed Potatoes Carrots & Peas</p>	<p> *Basil & Tomato Pasta Sweetcorn & Green Beans</p>	<p> Beef And Potato Pie with Organic Minced Beef Broccoli and Cauliflower Potatoes, with Gravy</p>	<p> Chicken And Pasta Bake Diced Potatoes Peas & Sweetcorn With Gravy</p>	<p> *MSC Fillet Fish Fingers Potato Wedges With Baked Beans or Seasonal Mixed Salad & Coleslaw</p>
<p> *Linda McCartney Sausage Fresh Creamed Potatoes Carrots & Peas With Gravy</p>	<p> Vegetarian Quiche With Potato Wedges Seasonal Mixed Salad</p>	<p> *Tasty Bean Bake Oven Baked Dry Roasted Potatoes Broccoli and Cauliflower With Gravy</p>	<p> *Quorn Fillet Diced Potatoes Peas & Sweetcorn With Gravy</p>	<p> Cheesy Jacket Potato With Baked Beans or Seasonal Mixed Salad & Coleslaw</p>
<p> Flaky Bar Or *Iced Fruit Smoothie ** Fruit Juice Drink</p>	<p> Chocolate Coconut Bar with Vanilla Sauce Or Portion of Dried Fruit</p>	<p> Apple Flapjack With Custard Or Seasonal Fresh Fruit Salad</p>	<p> Lancashire Biscuits Or Cheese & Grapes with Crackers ** Milk Shake</p>	<p> Apple and Date Delight with Custard Or Apple & Orange Slices</p>

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- Contains Nuts
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