

MENU Tuesday 2nd Nov – Friday 18th December 2020 - SCHOOL MEALS COST £2.30 PER DAY (£11.50 PER WEEK)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W/B 2 nd Nov (week 1)	Staff Training Day	Sausages Quorn Sausages 4 Potato Wedges & Sweetcorn Apple Goodie & Custard 7, 2	Pepperoni Pizza 7, 2 Margarita Pizza 7, 2 Garlic Bread & Beans 7, 2 Fruity Flapjack 2, 14	Roast Beef Quorn Fillets 4 Roast Potatoes & Yorkshire Pudding 2, 4, 7 Cabbage & Cauliflower Strawberry Mouse with fresh Strawberries 7	Chicken Nuggets 2, 4 Veggie Nuggets 2, 4 Chips & Beans Biscuit 2, 7 & Milkshake 7
W/B 9 th Nov (week 2)	Pork Meatballs 2, 4 Pasta Twists 2 Quorn Meatballs 2, 4 Tomato & Basil Sauce 2 Sweetcorn & Carrots Blueberry Muffins 2, 4, 7	Cheese & Bacon Whirls 2, 7, 9 Southern Style Quorn Burgers 2, 4, 7 Mashed Potatoes 7 Beans & Carrots Jelly & Fruit	Chicken Korma 4, 7, 9 Roasted Vegetables Rice & Naan Bread 2 Peas & Carrots Jam Sponge & Custard 2, 4, 7	Roast Turkey Quorn Sausages 4 Roast Potatoes & Yorkshire Puddings 2, 4, 7 Cabbage & Broccoli Fruit Yoghurt 7	Breaded Fish 2 Cheese & Onion Quiche 2, 4, 7 Chips & Peas Milkshake & Biscuit 2, 7
W/B 16 th Nov (week 3)	Pasta Bolognese 2 Pasta with Tomato & Basil Sauce 2 Sweetcorn & Carrots Blueberry Muffins 2, 4, 7	Sausage Rolls 2 Jacket Potato with Tuna Mayo 4, 5 Mashed Potatoes 7 Carrots & Green Beans Golden Crispy Cake 2, 7	Cheese & Tomato Pizza 2, 7 Garlic Bread 2, 7 Beans & Sweetcorn Sultana Cake 2, 4, 7, 14	Roast Gammon Quorn Fillets 4 Roast Potatoes & Yorkshire Pudding 2, 4, 7 Cabbage & Cauliflower Chocolate Sponge & Chocolate Sauce 2, 4, 7	Chicken Burger 2, 4 Southern Style Quorn Burger 2, 4, 7 Sweetcorn & chips Biscuit 2, 7 & Milkshake 7
W/B 23 rd Nov (week 4)	Shepherds Pie 2, 7, 13 Pasta with Tomato & Basil Sauce 2 Carrots & Broccoli Yoghurts 7	Sausages Quorn Sausages 4 Potato Wedges & Sweetcorn Apple Goodie & Custard 7, 2	Pepperoni Pizza 7, 2 Margarita Pizza 7, 2 Garlic Bread & Beans 7, 2 Fruity Flapjack 2, 14	Roast Beef Quorn Fillets 4 Roast Potatoes & Yorkshire Pudding 2, 4, 7 Cabbage & Cauliflower Strawberry Mouse with fresh Strawberries 7	Chicken Nuggets 2, 4 Veggie Nuggets 2, 4 Chips & Beans Biscuit 2, 7 & Milkshake 7
W/B 30 th Nov (week 5)	Pork Meatballs 2, 4 Pasta Twists 2 Quorn Meatballs 2, 4 Tomato & Basil Sauce 2 Sweetcorn & Carrots Blueberry Muffins 2, 4, 7	Cheese & Bacon Whirls 2, 7, 9 Southern Style Quorn Burgers 2, 4, 7 Mashed Potatoes 7 Beans & Carrots Jelly & Fruit	Chicken Korma 4, 7, 9 Roasted Vegetables Rice & Naan Bread 2 Peas & Carrots Jam Sponge & Custard 2, 4, 7	Roast Turkey Quorn Sausages 4 Roast Potatoes & Yorkshire Puddings 2, 4, 7 Cabbage & Broccoli Fruit Yoghurt 7	Breaded Fish 2 Cheese & Onion Quiche 2, 4, 7 Chips & Peas Biscuit 2, 7 & Milkshake 7
W/B 7 th Dec (week 6)	Pasta Bolognese 2 Pasta with Tomato & Basil Sauce 2 Sweetcorn & Carrots Blueberry Muffins 2, 4, 7	Sausage Rolls 2 Jacket Potato with Tuna Mayo 4, 5 Mashed Potatoes 7 Carrots & Green Beans Golden Crispy Cake 2, 7	Cheese & Tomato Pizza 2, 7 Garlic Bread 2, 7 Beans & Sweetcorn Sultana Cake 2, 4, 7, 14	Roast Gammon Quorn Fillets 4 Roast Potatoes & Yorkshire Pudding 2, 4, 7 Cabbage & Cauliflower Chocolate Sponge & Chocolate Sauce 2, 4, 7	Christmas Lunch
W/B 14 th Dec (week 7)	Shepherds Pie 2, 7, 13 Pasta with Tomato & Basil Sauce 2 Carrots & Broccoli Yoghurts 7	Sausages Quorn Sausages 4 Potato Wedges & Sweetcorn Apple Goodie & Custard 7, 2	Pepperoni Pizza 7, 2 Margarita Pizza 7, 2 Garlic Bread & Beans 7, 2 Fruity Flapjack 2, 14	Roast Beef Quorn Fillets 4 Roast Potatoes & Yorkshire Pudding 2, 4, 7 Cabbage & Cauliflower Strawberry Mouse with fresh Strawberries 7	Chicken Nuggets 2, 4 Veggie Nuggets 2, 4 Chips & Beans Biscuit 2, 7 & Milkshake 7

Food Allergies and Intolerances - If your child has a food allergy or intolerance, please speak to the class teacher who can liaise with the school kitchen regarding allergen information.

Yoghurts, fresh fruit and bread will be available every day. Please note: This menu is subject to minor alterations due to the availability of certain foods.

Allergens

1 – Celery 2 – Cereals containing gluten 3 – Crustaceans 4 – Egg 5 – Fish 6 – Lupins 7 – Milk 8 – Molluscs 9 – Mustard 10 – Nuts 11 – Peanuts 12 – Sesame Seeds 13 – Soya 14 – Sulphur Dioxide (Sulphites)