

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION ONE	Organic Pork Meatballs in a Homemade Tomato Sauce	Farm Assured Roast Chicken with Sage & Onion Stuffing	Sustainably Caught (MSC) Tuna Pizza	NEW Farm Assured Jerk Chicken with a Fruity Salsa	Sustainably Caught (MSC) Fish Fingers with Tomato Ketchup
OPTION TWO	Macaroni Cheese	NEW Spinach & Chickpea Masala	Margarita Pizza	Vegetarian Cottage Pie	Homemade Spicy Bean Burger
OPTION THREE	NEW Sustainably Caught (MSC) Tandoori Salmon Wrap	Jacket Potato with Vegetarian Chilli	Organic Beef Lasagne (lamb for beef free schools)	Jacket Potato with Baked Beans	Courgette Sausages
CARBS	Pasta Shapes Garlic Bread	Potato & Carrot Mash Fluffy Rice	Half a Jacket Potato Roasted Vegetable Couscous	Jacket Wedges Rice & Peas	Chips Half a Jacket Potato
VEGETABLES	Carrots Broccoli Salad Bar Selection	Cauliflower & Broccoli Cheese Fresh Carrots Salad Bar Selection	Sweetcorn Peas Salad Bar Selection	Roasted Vegetable Medley Salad Bar Selection	Peas Baked Beans Salad Bar Selection
DESSERTS	NEW Dutch Apple Cake with Custard Butterscotch Whip	Courgette & Lime Cake Cherry Shortbread	NEW Ginger Syrup Sponge with Custard Chocolate Cornflake Cakes	Orange & Mandarin Jelly with Whipped Cream Banana Cake	Chocolate Ice Cream Viennese Whirls

2020 - 12th Oct, 9th Nov, 30th Nov. 2021 - 4th Jan, 25th Jan, 22nd Feb, 15th Mar, 19th Apr, 10th May, 31st May, 21st Jun, 12th Jul.

Please look out for exciting competitions and marketing events on our exciting new website. (coming soon)

NEW DISHES FOR 2020-21

JERK CHICKEN

A hint of Jamaica bringing the Caribbean to our kitchens.

Farm assured chicken coated in our homemade jerk marinade. Tasty but not to hot!

SPINACH & CHICKPEA MASALA

An Asian Mild Spiced Curry.

Wholesome chickpeas with leafy green spinach, mixed in a homemade curry based sauce.

TANDOORI SALMON WRAP

Salmon fillet coated in tandoori spices, oven baked and served in a flour tortilla. A little taste of India.

DUTCH APPLE CAKE

A light sponge infused with fresh apples, sultanas and a hint of cinnamon. Served with a hot creamy custard.

GINGER SYRUP SPONGE WITH CUSTARD

A gooey syrup base with a light ginger sponge top, sweet and tasty served with a creamy custard.

ALL DISHES
Freshly Prepared
Using seasonal and local produce

FRESH
FRUIT &
Yogurt

ALL OUR BREAD
Baked daily
by our school chefs

STAY
hydrated
fresh water
Always available



95% of our dishes are home made and freshly cooked in our school kitchens by our well-trained enthusiastic staff.