

# Lunch Time Menu



Week One

27/08, 17/09, 08/10, 29/10,  
19/11, 10/12, 31/12, 21/01,  
11/02

## Monday

Pasta Bolognese with Crusty Bread  
Or  
Vegetarian Sausage Roll, Mashed Potato & Gravy  
~  
Seasonal Vegetables  
~  
Chocolate Mousse & Mandarins

## Tuesday

Roast Chicken, Sage & Onion Stuffing, Creamed Potatoes & Gravy  
Or  
Cheese & Egg Flan with Creamed Potatoes  
~  
Seasonal Vegetables  
~  
Bakewell Tart & Custard

## Wednesday

Healthy British Beef Burger in a Bun with Lettuce, Tomato & Sautéed Potatoes  
Or  
Cook's Homemade Choice Pizza & Sautéed Potatoes  
~  
Seasonal Vegetables  
~  
Chocolate Cookie

## Thursday

Cook's Choice Turkey Curry, Steamed Wholegrain Rice & Naan Bread  
Or  
Macaroni Cheese with a Crunchy Top & French Bread  
~  
Seasonal Vegetables  
~  
Cook's Sponge & Custard

## Friday

Fishy Friday  
Breaded Gluten Free Pollock Fillet & Crispy Chips  
Or  
Tasty Vegetable Burger & Crispy Chips  
~  
Seasonal Vegetables  
~  
Frozen Strawberry Yoghurt



Week Two

03/09, 24/09, 15/10, 5/11,  
26/11, 17/12, 07/01, 28/01,  
18/02

## Monday

Our Italian Beef Lasagne & Crusty Bread  
Or  
Homemade Cheese & Onion Pie & Mashed Potatoes  
~  
Seasonal Vegetables  
~  
Homemade Rice Pudding

## Tuesday

Roast Pork Loin, Apple Sauce, Mashed Potatoes, Stuffing & Gravy  
Or  
Arrabiata Tomato Pasta Bake & Crusty Bread  
~  
Seasonal Vegetables  
~  
Chocolate Brownie

## Wednesday

Breaded Chicken Breast in a Bun & Oven Baked Seasoned Wedges  
Or  
Diddy Vegetable Pizza Panini, & Oven Baked Seasoned Wedges  
~  
Seasonal Vegetables  
~  
Cornflake Tart & Custard

## Thursday



Seasonal Cheesy Ham & Potato Hash  
Or  
Spicy Tomato Pasta Bake & Crusty Bread  
~  
Seasonal Vegetables  
~  
Cook's Sponge & Custard

## Friday

Fishy Friday  
MSC Fish Fingers & Crispy Chips  
Or  
Free Range Egg & Cheese Omelette & Crispy Chips  
~  
Seasonal Vegetables  
~  
Raspberry Jelly & Watermelon Slices

Week Three

10/09, 01/10, 22/10, 12/11,  
03/12, 24/12, 14/01, 04/02



## Monday

Sausage & Bacon Bake with Crispy Hash Browns  
Or  
Vegetarian Meatballs & Tomato Pasta Twists  
~  
Seasonal Vegetables  
~  
Strawberry Mousse

## Tuesday

Traditional Roast Beef, Yorkshire Pudding, Roast Potatoes & Gravy  
Or  
Vegetarian Cottage Pie with Cheesy Mashed Potato Top  
~  
Seasonal Vegetables  
~  
Cook's Sponge & Custard

## Wednesday

Homemade Pizza made with Wholemeal Flour, Oven Baked New Potatoes  
Or  
Mediterranean Tuna Pasta Bake & Crusty Bread  
~  
Seasonal Vegetables  
~  
Homemade Flapjack

## Thursday

Cook's Choice Chicken Curry, Wholegrain Rice & Naan Bread  
Or  
Homemade Puff Pastry Cheese Whirl  
~  
Seasonal Vegetables  
~  
Chocolate Cracknel Cake

## Friday

Fishy Friday  
MSC - Harry Ramsden's Seaside Salmon Fillet & Crispy Chips  
Or  
Southern Fried Crispy Quorn Fillet & Crispy Chips  
~  
Seasonal Vegetables  
~  
Vanilla Ice Cream & Peaches



Served in all our Schools Daily; Selection of Homemade Sandwiches, Jacket Potato, Fresh Bread, Freshly Prepared Salad Bar, Locally Sourced Yoghurts, Fresh Fruit and Fresh Water or No Added Sugar Fruit Cordial.

Our menus are compliant with the School Food Standards - we only serve Farm Assured Meat, MCS Fish and Free Range Eggs. Lo-Salt is always used as well as Low Fat Milk and Yoghurts - Over 80% of our dishes are made fresh in our School Kitchens allowing us to reduce Salts, Sugars and Fats in all our recipes, "Health by Stealth". If you require advice regarding allergens, please contact the Unit Catering Manager

