

# ONE

# TWO

# THREE

AVAILABLE EVERY DAY...

1st Jan, 22nd Jan, 19th Feb  
12th Mar

8th Jan, 29th Jan, 26th Feb  
19th Mar

15th Jan, 5th Feb, 5th Mar  
26th Mar

MONDAY  
TUESDAY  
WEDNESDAY  
THURSDAY  
FRIDAY

**Chicken Chow Mein**  
Potato & Courgette Layer Bake

Sweetcorn & Green Beans

Fruit Yoghurt & Shortbread  
Yoghurt / Fruit Platter

**Wholemeal Chicken & Red Pepper Pizza**  
with Baked Potato

Lentil & Vegetable Curry with Rice

Roasted Vegetables

Apple & Mixed Berry Crumble  
with Custard  
Yoghurt / Fruit Chunks

**Roast (as advertised) with Roast Potatoes**  
& Gravy

Cheese & Pepper Whirl with  
Roast Potatoes

Carrot & Swede Mash

Banana Sponge  
Yoghurt / Fruit Pieces

**Beef Meatballs in a Tomato Sauce**  
with Rice

BBQ Quorn with Rice

Sweetcorn & Mixed Peppers

Pineapple Upside Down Cake  
with Custard  
Yoghurt / Fruit Platter

**MSC Battered Fish with  
Chipped Potatoes & Tomato Sauce**   
Glamorgan Sausage with  
Chipped Potatoes

Baked Beans & Garden Peas

Pear & Ginger Muffin  
Yoghurt / Fruit Salad

**Hot Dogs with Homemade Tomato Sauce**  
& Jacket Wedges

Vegetarian Hot Dog with  
Homemade Tomato Sauce & Jacket Wedges

Tomato & Red Onion Slaw  
& Green Salad

Pear Crumble with Custard  
Yoghurt / Fruit Platter

**Baked Greek Lasagne**  
Wholemeal Spinach & Tomato Quiche  
with New Potatoes

Courgettes in a Tomato Sauce  
& Cauliflower

Apple, Cheese & Biscuits  
Yoghurt / Fruit Chunks

**Roast Turkey with Roast Potatoes**  
& Gravy

Mixed Vegetable Loaf with Roast Potatoes  
& Gravy

Broccoli & Sliced Carrots

Chocolate Cookie with Natural Yogurt  
Yoghurt / Fruit Pieces

**Beef Casserole (Goulash) with Rice**  
Quorn Mince Pasta Bolognaise

Sweetcorn

Apple & Berry Strudel with Custard  
Yoghurt / Fruit Platter

**MSC Battered Fish with  
Chipped Potatoes & Tomato Sauce**   
Cheese & Tomato Pizza with  
Chipped Potatoes

Baked Beans & Garden Peas

Chocolate & Orange Brownie  
Yoghurt / Fruit Salad

**Beef Burger in a Bun with Oven Baked  
New Potatoes**

Vegetarian Burger in a Bun  
with Baked New Potatoes

Broccoli & Sweetcorn

Carrot & Sultana Cake with Custard  
Yoghurt / Fruit Platter

**Turkey & Veg Pie with Pastry Topping**  
& Mashed Potato

Mixed Bean Cassoulet with  
Mashed Potato

Cauliflower & Green Beans

Tutti Fruity Tuesday  
Yoghurt / Fruit Chunks

**Roast Chicken & Stuffing with  
Roast Potatoes & Gravy**

Vegetarian Wellington  
with Roast Potatoes

Shredded Cabbage & Carrots

Peach Crumble & Custard  
Yoghurt / Fruit Pieces

**Beef Tortilla Stack & Rice**  
with Garlic Slice

Macaroni Cheese with Tomato Topping

Roasted Vegetable Medley  
& Sweetcorn

Mandarin Jelly  
Yoghurt / Fruit Platter

**MSC Salmon Fish Fingers with  
Chipped Potatoes & Tomato Sauce**   
Cheese Tomato & Spinach  
Frittata with Chipped Potatoes 

Baked Beans & Garden Peas

Lemon Surprise Cake  
Yoghurt / Fruit Salad

## Jacket Potatoes

freshly cooked daily, with a choice of fillings where advertised.

## Bread

freshly baked on site daily

## Daily salad selection

there will be a selection of salad items available daily

## Fresh Fruit & Yoghurt

available daily

WE USE LOCALLY  
SOURCED INGREDIENTS  
WHEN AVAILABLE  
AND IN SEASON

All our menus are  
nutritionally analysed to  
ensure they meet and in  
most cases exceed  
The School Food Standards  
We hope your child enjoys  
our new menus.

Menus could be subject to  
local change, please check  
your child's school for any  
bespoke changes.



Vegetarian option



Oily fish



Marine Stewardship  
Council details  
Web: [www.msc.org](http://www.msc.org)  
Chain of Custody  
Registration Code  
MML- C 1009