



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week Commencing
MEAT	Meat Free Monday	Lamb Mince Masala with Rice	Roast Chicken with Roast Potatoes and Gravy	Chicken Pizza	Fish Goujons with Chips	Mon 17.04.23 Tues 09.05.23
VEGETARIAN	Cheesy Mixed Veg Pasta with Salad	Tofu Mixed Veg. Masala with Rice	Vegetarian Strips with Roast Potatoes and Gravy	Margherita Pizza	Quorn Nuggets with Chips	Tues 06.06.23 Mon 26.06.23
	Jacket Potato with Cheese/Coleslaw/Beans	Carrots Peas	Stir Fry Cabbage & Spinach	Pasta Salad Coleslaw	Peas/Baked Beans Tomato Ketchup	Mon 17.07.23
DESSERT	Oranges and Grapes	Carrot Cake	Jelly	Yoghurt	Ice cream	

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week Commencing
MEAT	Meat Free Monday	Lamb Meat Balls in Tomato Sauce	Roast Turkey with Roast Potatoes Gravy and Yorkshire Pudding	Chicken Noodles	Fish Fingers with Chips	Mon 24.04.23 Mon 15.05.23
VEGETARIAN	Cheesy Spinach Swirls Potato Croquettes Baked Beans	Vegan Balls in Tomato Sauce	Quorn Rolls with Roast Potatoes, Gravy and Yorkshire Pudding	Vegetable Egg Noodles	Veggie Fingers with Chips	Mon 12.06.23 Mon 03.07.23
	Jacket Potato with Cheese/Coleslaw/Beans	Pasta Cauliflower	Carrots	Jacket Potato with Cheese/Coleslaw/Beans	Peas/Baked Beans Tomato Ketchup	
DESSERT	Fruit Crumble with Cream	Yoghurt	Chocolate Cake	Jelly	Ice cream	

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week Commencing
MEAT	Meat Free Monday	Chicken Korma with Rice	Roast Herb Chicken with Roast Potatoes and Gravy	Lamb Kebab with Pitta Bread	Fish fillet with Chips	Tues 02.05.23 Mon 22.05.23
VEGETARIAN	Vegetarian Quorn Hot Dog with Onion Rings, Ketchup	Mixed Veg Korma with Rice	Veggie Glamorgan Style Sausage with Roast Potatoes and Gravy	Falafel with Pitta Bread	Plant based mini Sausage Rolls with Chips	Mon 19.06.23 Mon 10.07.23
	Jacket Potato with Cheese/Coleslaw/Beans	Carrots, Spinach, Cucumber	Broccoli	Hummus Mint Sauce	Peas/Baked Beans Tomato Ketchup	
DESSERT	Melon and Grapes	Banana Cake	Yoghurt	Orange Drizzle Cake	Ice cream	

To help make sure our children eat a healthy and varied diet, wholesome brown bread with cheese and boiled eggs are also available on request along with plain pasta and a range of salads.

The salads range from, beetroot, cucumber, tomatoes, sweetcorn, coleslaw, lettuce and carrot sticks.

We also serve freshly chopped tropical fruit and low fat yoghurt every day.

Food Allergies

We have a register of menus detailing the dietary allergens in the school canteen. Please note that some ingredients may contain traces of nuts. If your child suffers from any allergies, **please let the office know in advance.**

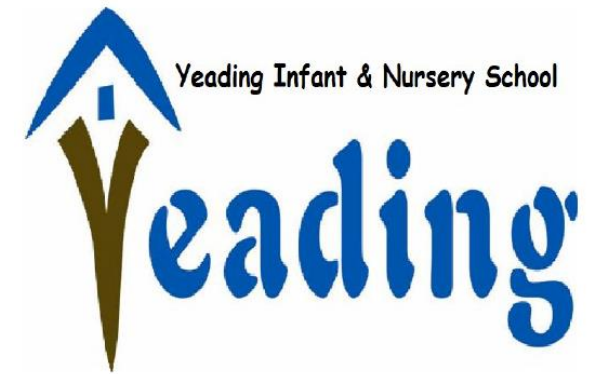
**PLEASE NOTE THAT THE MENU IS
SUBJECT TO CHANGE AT SHORT
NOTICE DEPENDING ON
AVAILABILITY OF INGREDIENTS**

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School Menu