

## Week 1

3<sup>rd</sup> & 24<sup>th</sup> Sept, 15<sup>th</sup> Oct, 12<sup>th</sup> Nov, 3<sup>rd</sup> Dec

Monday

Pasta Bolognese, Broccoli &  
Sweetcorn  
Garlic Bread  
\*\*\*\*  
Artic Roll & Peaches

Tuesday

Sweet & Sour Chicken, Rice,  
Medley of Veg, Wholemeal  
Baguette  
\*\*\*\*  
Toffee Apple Crumble Cake

Wednesday

Sausages, Mash & Onion Gravy,  
Broccoli & Cauliflower  
50/50 Bread  
\*\*\*\*  
Jam Sponge & Custard

Thursday

Beef Tortilla Wrap, Vegetable  
Rice & Veg Sticks  
\*\*\*\*  
Apple Cinnamon Crunch Crumble  
& Custard

Friday

Battered Fish, Tomato Sauce,  
Peas & Carrots Sticks, Chips,  
Sunflower Seed Bread  
\*\*\*\*  
Fruits of the Forest Flapjack

## Week 2

10<sup>th</sup> Sept, 1<sup>st</sup> & 22<sup>nd</sup> Oct, 19<sup>th</sup> Nov, 10<sup>th</sup> Dec

Monday

Beef Burger in a Seeded Bun,  
Chips, Peas & Sweetcorn  
\*\*\*\*  
Plum Sponge & Custard

Tuesday

Chicken & Tomato Pasta Bake,  
Green Beans & Cauliflower  
Wholemeal Bread  
\*\*\*\*  
Autumn Berry Sponge & Custard

Wednesday

Roast Pork with Apple Sauce &  
Gravy, Carrots & Broccoli, Parsley  
Potatoes  
Herbie Bread  
\*\*\*\*  
Raspberry Bun with Apple

Thursday

Chicken Korma & Rice  
Cauliflower & Green Beans  
Naan Bread  
\*\*\*\*  
Pineapple Shortcake & Custard

Friday

Breaded Salmon Nibbles, Tomato  
Sauce, Broccoli & Carrots, Potato  
Wedges, Tomato Bread  
\*\*\*\*  
Swiss Bun

## Week 3

17<sup>th</sup> Sept, 8<sup>th</sup>, Oct 5<sup>th</sup> & 26<sup>th</sup> Nov, 17<sup>th</sup> Dec

Monday

Pizza, Potato Wedges, Carrots &  
Orange Salad, Peas  
\*\*\*\*  
Yogurt & Fruit

Tuesday

Minced Beef & Dumplings, Sweet  
Potato Mash, Savoy Cabbage &  
Carrots, Sunflower Seed Bread  
\*\*\*\*  
Sticky Date & Apple Bar with  
Cheese

Wednesday

Chicken & Vegetable Pie,  
Creamed Potatoes, Carrot &  
Swede & peas & Crusty Bread  
\*\*\*\*  
Ginger Sponge & Custard

Thursday

Roast Beef & Yorkshire  
Puddings, Roast Parsnip &  
Carrot, Roast Potatoes, Sliced  
Wholemeal Bread  
\*\*\*\*  
Chocolate, Orange Sponge &  
Chocolate Sauce

Friday

Fish Fingers, Peas & Baked Beans,  
Chips, Wholemeal Bread  
\*\*\*\*  
Banana Brownie