

Every main course is served with a choice of potatoes, pasta, rice or bread, vegetables or salad and a drink. Wholemeal bread and chilled water are available unlimited throughout lunch.

Halal alternatives are available in selected schools as appropriate – contact your child's school for more information.

(v) Vegetarian Meal – A vegetarian choice is not available everyday. If your child requires vegetarian meals please notify the cook at your child's school.

Week One commencing – 14/11, 5/12, 16/1/12, 6/2, 27/2, 19/3, 30/4

Lamb Grill in a Bun
(V) Chick Pea and Potato Curry
Yoghurt
Sultana Shortcake and Custard

(V) Cheese and Tomato Pizza
Chicken Pie with Gravy
Fruit Salad
Flapjack

Sliced Pork in Gravy with Apple Sauce
(V) Broccoli and Tomato Cheesy Pasta
Ginger Cake with Custard
Fresh Fruit Wedges

Honey Roasted Gammon
(V) Cheesy Omelette
Fruit Jelly
Crunchy Oat Cookie

Salmon Fillet Nibbles
(V) Quorn Pasta Bake
Banana Muffin with Custard
Fresh Fruit Platter

Week Two commencing – 21/11, 12/12, 2/1/12, 23/1, 5/3, 26/3, 16/4, 7/5

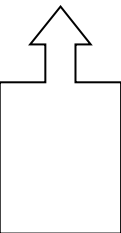
Chicken Korma
Fish Crunchy
(V) Quorn Korma
Cheese and Crackers
Scotch Apple Charlotte with Custard

Pork Sausages
(V) Cheesy Pasta Bake with Crispy Potato Top
Jammy Bun
Fresh Fruit Wedges

Chicken Fillet in Gravy
(V) Frittata Omelette
Chocolate Treacle Sponge with Chocolate Sauce
Fruit Salad

Organic Beef spaghetti Bolognaise
(V) Jacket Potato with Cheese
Yoghurt
Lemon Whoopie Pie

Breaded Haddock Fillet
(V) Quorn Sausages in Gravy
Chocolate Cracknell with Peppermint Sauce
Fresh Fruit Platter



Week Three commencing – 28/11, 9/1/12, 30/1, 20/2, 12/3, 23/4, 14/5

Organic Beef Meatballs
(V) Cheesy Leek and Potato Pie
Pancake with Chocolate Sauce
Cheese, Crackers and Apple Wedge

Fish Fillet Fingers
Sweet and Sour Chicken
(V) Sweet and Sour Quorn
Raspberry Iced Apple Bun
Rice Pudding

Chicken Deli Wrap
(V) Tomato Fusilli
Chocolate Oatcake
Fresh Fruit Wedges

Pork Loin Steak in Gravy
(V) Pizza Margherita
Oaty Apple Crumble with Custard
Yoghurt

Salt and Vinegar Battered Fish
(V) Cheese and Sweetcorn Flan
Ice Cream Tub
Fruity Bread

Raisin and pumpkin seed pots are served daily as a third choice of dessert.