



Our menus are planned to meet the food based standards for food in schools and are checked using a recognised programme to analyse nutrition. Over 75% of our dishes are homemade and freshly prepared using tried and tested traditional recipes we know children will love and there's always seasonal fresh fruit, salad and vegetables available daily along with a bread basket and fresh water freely available.

Week 1

	Monday	Tuesday	Wednesday	Thursday	Fun Friday					
Hot Meal Options	Tomato, Garlic and Basil Pasta Bake served with fresh seasonal vegetables and crusty garlic bread V	Cheese and Tomato Pizza served with sunshine sweetcorn and crunchy chopped salad V	Beef and Onion Pie served with creamed potatoes, fresh chopped carrots and gravy	Vegetarian Chilli Con Carne served with 50/50 rice V	Fresh Pork Steak served with creamed potatoes, broccoli and gravy	Homemade Cheese Whirl served with baked beans V	Chicken Curry served with 50/50 rice, warm naan bread and sweetcorn	Cheese Panini served with homemade potato wedges and freshly chopped salad V	Crispy Chicken Fillet served with oven baked chips and sunshine sweetcorn	Bird's Eye Fish Fingers (2) served with oven baked chips and peas
Daily Hot Selection	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	
Cold Option	Percy Pea Pod Packed Lunch Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	Percy Pea Pod Packed Lunch Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	Percy Pea Pod Packed Lunch Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	Percy Pea Pod Packed Lunch Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	Percy Pea Pod Packed Lunch Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	Percy Pea Pod Packed Lunch Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	Percy Pea Pod Packed Lunch Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	Percy Pea Pod Packed Lunch Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	Percy Pea Pod Packed Lunch Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	
Dessert	Fresh Baked Iced Sponge or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Fresh Made Carrot Cake or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Ginger Biscuits with Juicy Pears or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Chocolate Muffin or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt	

Week 2

	Monday	Tuesday	Wednesday	Thursday	Fun Friday					
Hot Meal Options	Pasta Bolognese served with a medley of mixed vegetables and crusty garlic bread	Cheese and Tomato Pizza served with sunshine sweetcorn and crunchy chopped salad V	Meat and Potato Pie served with garden peas and gravy	Chicken Fajita Wrap served with herby diced potatoes and mixed vegetables	Cook's Roast Chicken Dinner served with creamed potatoes, carrots, peas and gravy	Cheese Panini served with homemade potato wedges and freshly chopped salad V	Chicken Curry served 50/50 rice, warm naan bread and sunshine sweetcorn	Cottage pie served with seasonal vegetables, beetroot and gravy	Bird's Eye Fish Fingers (2) served with oven baked chips and mushy peas	Vegetarian Sausage Roll served with oven baked chips and baked beans V
Daily Hot Selection	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	
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Dessert	Cook's Homemade Apple Flapjack or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Decorated Vanilla Sponge or Juicy Chopped Fresh Fruit or Yoghurt	Fresh Baked Cookies or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Decorated Muffin or Juicy Chopped Fresh Fruit or Yoghurt	Cornflake Cake or Juicy Chopped Fresh Fruit or Yoghurt	Cornflake Cake or Juicy Chopped Fresh Fruit or Yoghurt	Cornflake Cake or Juicy Chopped Fresh Fruit or Yoghurt	Cornflake Cake or Juicy Chopped Fresh Fruit or Yoghurt	Cornflake Cake or Juicy Chopped Fresh Fruit or Yoghurt	

Week 3

	Monday	Tuesday	Wednesday	Thursday	Fun Friday					
Hot Meal Options	Cheese and Tomato Pizza served with sunshine sweetcorn and crunchy chopped salad V	Tomato, Garlic and Basil Pasta Bake served with fresh seasonal vegetables and crusty garlic bread V	Beef and Onion Pie served with creamed potato, fresh chopped carrots and gravy	Southern Style Chicken served with homemade potato wedges and mixed vegetables V	Cook's Roast Chicken Dinner served with creamed potatoes, seasonal vegetables and gravy	Macaroni Cheese served with crusty garlic bread V	Chicken Curry served with 50/50 rice, warm naan bread and sunshine sweetcorn	Homemade Cheese Whirl served with baked beans V	Bird's Eye Fish Fingers (2) served with oven baked chips and peas	British Pork Sausage served with creamed potatoes, peas and gravy
Daily Hot Selection	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	V Jacket Potato with choice of tasty fillings and crunchy chopped salad.	
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Dessert	Cook's Homemade Fairy Cake or Juicy Chopped Fresh Fruit or Yoghurt	Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt	Sliced Peaches in Juice served with Ice Cream or Juicy Chopped Fresh Fruit or Yoghurt	Chocolate Crunch or Juicy Chopped Fresh Fruit or Yoghurt	Decorated Fruit and Jelly or Juicy Chopped Fresh Fruit or Yoghurt	Decorated Fruit and Jelly or Juicy Chopped Fresh Fruit or Yoghurt	Decorated Fruit and Jelly or Juicy Chopped Fresh Fruit or Yoghurt	Decorated Fruit and Jelly or Juicy Chopped Fresh Fruit or Yoghurt	Decorated Fruit and Jelly or Juicy Chopped Fresh Fruit or Yoghurt	

Key V for Vegetarian Foods

