

Week: 1 Date: 1st & 20th September, 11th October, 15th November, 6th December, 10th & 31st January,

Robert Shaw

Salad, Fresh Fruit, Bread and Water are available to pupils every day in all schools. \ \ \ \ = Vegetarian

> For Allergen information please ask a member of the catering team.



Monday

Tuesday

Wednesday

Thursday

Friday



Main

Meat free

V Veggie Spaghetti Bolognaise with Baquette Chunk and Carrots

Cumberland Vegan Sausage & Mash with **Gravy and Carrots**

VCheese Sandwich served with Crunchy Carrot & Cucumber Sticks

Apple Sponge & Custard

Fresh Fruit Salad

Halal Chicken Wrap hot Served with Mixed Salad & Sweetcorn

Cheese & Tomato Pizza served with Mixed Salad and Sweetcorn

Jacket Potato served with Tuna Mayonnaise and Sweetcorn

Butterscotch Tart

Roast Pork & Stuffing, Gravy served with **Organic Roast Potato** & Vegetable Medley

VOuorn Roast & Gravy served with **Organic Roast Potato** & Vegetable Medley

Oaty Cookie with Milk

Vegetable Lasagne with Baguette Chunk and Broccoli

Halal Chicken Curry

with Rice, Flatbread

and Broccoli

Beans VCheese Snack

served with Oven Chips and Baked Beans

MSC Salmon Fishcake

served with Oven

Chips and Baked

V Jacket Potato served with Cheese & **Baked Beans**

Fruity Flapjack

Lemon Drizzle Muffin







Week: 2 Date: 6th & 27th September, 1st & 22nd November, 13th December, 17th January, 7th February



Salad, Fresh Fruit, Bread and Water are available to pupils every day in all schools. \ \ \ \ = Vegetarian

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Monday

Meat Free

Halal BBQ Chicken

Wednesday

Thursday

Friday

Veggie (lentil) Cottage Pie with Gravy and Peas

with Rice and Salad

Tuesday

Roast Beef served with Gravy, Yorkshire **Pudding and Organic** Roast Potatoes & Vegetable Medley

Jacket Potato with Bacon served with **Baked Beans**

MSC Fish served with Oven Chips Mushy Peas or Carrots

V Tomato & Mascarpone Pasta served with Baguette Chunk and Peas

Cheese & Tomato Pizza served with Homemade Coleslaw or Salad

VQuorn Roast, Yorkshire Pudding With Gravy served with Organic Roast Potatoes and Vegetable Medley

Veggie Chilli on Jacket Potato with Sweetcorn

Veggie Meatballs with Tomato Sauce. Oven Chips and Peas

Cheese Sub Roll served with Crunchy Carrot & Cucumber **Sticks**

Jacket Potato served with Tuna Mayonnaise and Salad

Ham Sandwich served with Salad

V Cheese & Tomato Panini served with Baked Beans or Sweetcorn

Orange Muffin

Angel Delight

Shortbread with Milk

Sticky Toffee Pudding and Custard

Banana & Custard

Or Plums & Custard

Fresh Fruit Salad





Main



Week: 3 Date: 13th September, 4th October, 8th & 29th November, 4th & 24th January Salad, Fresh Fruit, Bread and Water are available to pupils every day in all schools. \ / = Vegetarian

> For Allergen information please ask a member of the catering team.



Robert Shaw



Tuesday

Wednesday

Thursday

Friday



Main

Meat Free

√Tomato & Mascarpone Pasta with Baquette Chunk and Carrots

V Cheese Sandwich served with Crunchy Apple Wedges & Red Pepper Sticks

Tuna Pastry Parcel served with Boiled Potatoes and Sweetcorn

Cheese & Tomato Pizza served with Sweetcorn & Mixed Salad

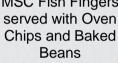
Roast Chicken served with Gravy, Stuffing and **Organic Roast Potatoes** & Vegetable Medley

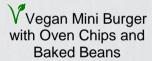
V Quorn Roast served with Gravy, Stuffing and Organic Roast Potatoes & Vegetable Medley

Sausage & Mash served with Gravy and Broccoli

Cumberland Vegan Sausage served with Gravy and Mash and Broccoli

MSC Fish Fingers





V Jacket Potato served with Cheese & **Baked Beans**



Fresh Fruit Salad

Oaty Cookie (apricot)

Fresh Fruit Salad

Fruit Muffin & Milk

Fresh Fruit Salad

Plum Shortcake Slice & Custard

Fresh Fruit Salad

Chocolate Sponge & Chocolate Custard

Fresh Fruit Salad



