

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




Robert Shaw


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




Monday

Meat free

 Veggie Spaghetti Bolognese with Baguette Chunk and Carrots

 Cumberland Vegan Sausage & Mash with Gravy and Carrots


 Cheese Sandwich served with Crunchy Carrot & Cucumber Sticks

Apple Sponge & Custard

Fresh Fruit Salad

Tuesday

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

Fresh Fruit Salad

Wednesday

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


 Quorn Roast & Gravy served with Organic Roast Potato & Vegetable Medley

Oaty Cookie with Milk

Fresh Fruit Salad

Thursday

Halal Chicken Curry with Rice, Flatbread and Broccoli


 Vegetable Lasagne with Baguette Chunk and Broccoli


Fruity Flapjack

Fresh Fruit Salad

Friday

MSC Salmon Fishcake served with Oven Chips and Baked Beans

 Cheese Snack served with Oven Chips and Baked Beans

 Jacket Potato served with Cheese & Baked Beans

Lemon Drizzle Muffin

Fresh Fruit Salad



Main


Dessert



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



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

Meat Free


Main


 Veggie (lentil) Cottage Pie with Gravy and Peas


Halal BBQ Chicken with Rice and Salad

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 

 Tomato & Mascarpone Pasta served with Baguette Chunk and Peas

 Cheese & Tomato Pizza served with Homemade Coleslaw or Salad

 Quorn 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

 Cheese & Tomato Panini served with Baked Beans or Sweetcorn

Dessert

Orange Muffin

Angel Delight

Shortbread with Milk

Sticky Toffee Pudding and Custard

Banana & Custard
 Or Plums & Custard

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



Week: 3
 Date: 13th September, 4th October,
 8th & 29th November, 4th & 24th January


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Monday

Meat Free

 Tomato & Mascarpone Pasta with Baguette Chunk and Carrots


 Cheese Sandwich served with Crunchy Apple Wedges & Red Pepper Sticks

Jelly & Fruit Milk

Fresh Fruit Salad

Tuesday

Tuna Pastry Parcel served with Boiled Potatoes and Sweetcorn


 Cheese & Tomato Pizza served with Sweetcorn & Mixed Salad

Oaty Cookie (apricot)

Fresh Fruit Salad

Wednesday

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


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

Fruit Muffin & Milk

Fresh Fruit Salad

Thursday

Sausage & Mash served with Gravy and Broccoli

 Cumberland Vegan Sausage served with Gravy and Mash and Broccoli


Plum Shortcake Slice & Custard

Fresh Fruit Salad

Friday

MSC Fish Fingers served with Oven Chips and Baked Beans

 Vegan Mini Burger with Oven Chips and Baked Beans

 Jacket Potato served with Cheese & Baked Beans

Chocolate Sponge & Chocolate Custard

Fresh Fruit Salad

Main

Dessert

