



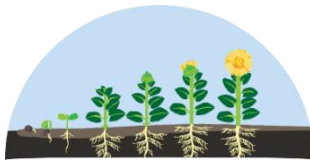
Week One Menu – w/c 09.01.23/30.01.23

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Hot Dog served with Cajun Potato Wedges	Homemade beef Lasagne served with Herby Potatoes	Roast Chicken with Roast Potatoes	Mild Beef Chilli con Carne with rice	Fish fingers & Chips
Halal Option	HMC Halal Hot Dog with chicken sausage with Cajun Wedges	HMC Halal Beef Lasagne with Herby Potatoes	HMC Halal Roast Chicken with Roast Potatoes	HMC Halal Beef Chilli con Carne with rice	Fish fingers & Chips
Vegetarian	Vegetarian Hot Dog with Cajun Wedges	Vegetarian Lasagne with Herby Potatoes	Cauliflower and Broccoli Cheese Bake	Vegetable Enchilada with rice	Cheese & Tomato Pizza served with Chips
Jacket Potato	Beans &/or Cheese	Beans &/or Cheese	Beans &/or Cheese	Beans &/or Cheese	Beans &/or Cheese
Deli Bar	Sandwich Choice: Monday – Egg Mayo Tuesday – Cheese Wednesday – Tuna Mayo Thursday – Cheese Friday – Ham (Not Halal) Salad Bar and Bread is available daily. Yoghurt/Jelly and fresh fruit also available daily				
Side Dish	Peas, coleslaw & salad	Sweetcorn & salad	Green Beans & Carrots	Sweetcorn & Broccoli	Peas & Baked Beans
Dessert	Lemon Sponge Served with Custard	Shortbread Finger served with Fruit Wedges	Iced Chocolate Sponge	Apple Flapjack Crumble & Custard	Fresh Fruit Friday



Week Two Menu – w/c 16.01.23/06.02.23

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Beef Burger in a Bun with half a jacket potato	BBQ Chicken and Rice	Roast Turkey with Roast Potatoes	Chicken Wrap with Potato Wedges	Fish Fingers & Chips
Halal Option	HMC Halal Beef Burger in a Bun with half a jacket potato	HMC Halal BBQ Chicken and Rice	HMC Halal Roast Turkey with Roast Potatoes	HMC Halal Chicken Wrap with Potato Wedges	Fish Fingers & Chips
Vegetarian	Cheese and Tomato Pinwheel with half a jacket potato	Vegetable Biryani	Vegetarian Cumberland Sausage with Roast Potatoes	Cheese and Tomato Pizza with Potato Wedges	BBQ Vegetable & Bean Wrap
Jacket Potato	Beans &/or Cheese	Beans &/or Cheese	Beans &/or Cheese	Beans &/or Cheese	Beans &/or Cheese
Deli Bar	Sandwich Choice: Monday – Egg Mayo Tuesday – Cheese Wednesday – Tuna Mayo Thursday – Cheese Friday – Ham (Not Halal) Salad Bar and Bread is available daily. Yoghurt/Jelly and fresh fruit also available daily				
Side Dish	Salad & Coleslaw	Peas & Broccoli	Carrots & Green Beans	Sweetcorn & Salad	Peas & Baked Beans
Dessert	Jam Sponge served with Custard	Mini Sultana & Oat Cookie	Pineapple Upside Down Cake & Custard	Chocolate Brownie	Fresh Fruity Friday



Week Three Menu – w/c 02.01.23/23.01.23

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Ham Pizza with half Jacket Potato	Mexican Chicken and Rice	Toad in the Hole with Mashed Potato	Pasta Bolognaise with Baguette	Fish Fingers and Chips
Halal Option	Cheese and Tomato Pizza with half Jacket Potato	HMC Halal Mexican Chicken and Rice	HMC Halal Toad in the Hole with Mashed Potato	HMC Halal Pasta Beef Bolognaise with Baguette	Fish Fingers and Chips
Vegetarian	Falafel Burger in a Bun with half Jacket Potato	Macaroni Cheese	Vegetarian Mince Cobbler with Mashed Potato	Vegetarian Chilli with Baguette	Vegetable Fingers and chips
Jacket Potato	Beans &/or Cheese	Beans &/or Cheese	Beans &/or Cheese	Beans &/or Cheese	Beans &/or Cheese
Deil Bar	Sandwich Choice: Monday – Egg Mayo Tuesday – Cheese Wednesday – Tuna Mayo Thursday – Cheese Friday – Ham (Not Halal) Salad Bar and Bread is available daily. Yoghurt/Jelly and fresh fruit also available daily				
Side Dish	Salad & Coleslaw	Peas & Broccoli	Carrots & Green Beans	Sweetcorn & Broccoli	Peas & Baked Beans
Dessert	Short Bread	Chocolate Sponge & Custard	Banana Traybake	Chocolate Cookie	Fresh Fruit Friday



School Lunch menu

Food for Life

With this menu we continue with our achievement of Food for Life Bronze

Food for Life Bronze which briefly means your children are being provided healthy, well balanced and professionally created lunches made from the highest ingredients, including free-range, organic and MSC certified fish.

For more information on the award please visit foodforlife.org.uk/schools



Our Menu

School meals do not include fish on the Marine Conservation Society 'Fish to Avoid' list. Only contain British HMC certified assured meat and nut free.