

ONE

TWO

THREE

7 Jan, 28 Jan,
25 Feb, 18 March

14 Jan, 4 Feb,
4 Mar, 25 Mar

21 Jan, 11 Feb,
11 Mar, 1 Apr

Beef Lasagne with Garlic Slice
Vegetable Lasagne with Garlic Slice (V)
Jacket Potato & Choice of Filling
Sweetcorn & Baked Beans
Peach Crumble & Custard
Yoghurt / Fruit Platter

Chilli Con Carne with Rice
Vegetable Chilli Con Carne
(Soya Mince) with Rice (V)
Vegetarian Enchiladas with Rice (V)
Garden Peas & Carrots
Carrot & Courgette Cake with Custard
Yoghurt / Fruit Platter

Wholesome Chicken & Red Pepper
Pizza with Homemade Cajun Wedges
Margherita Pizza with Homemade
Cajun Wedges (V)
Vegetable Pasta Bake (No Cheese) (V)
Carrots & Broccoli
Lemon & Cucumber Cake
with Lemon Custard
Yoghurt / Fruit Platter

Jerk Chicken with Roasted New
Potatoes & Gravy
Wholesome Cheese & Leek Quiche with
Roasted New Potatoes (V)
Jacket Potato with a Choice of Filling (V)
Broccoli & Sweetcorn
Peach Upside Down Cake & Custard
Yoghurt / Fruit Platter

Roast Chicken with Roast Potatoes
& Gravy
Mixed Vegetable Loaf with
Roast Potatoes & Gravy (V)
Lentil & Basil Puff Pastry Turnover (V)
Roasted Seasonal Vegetables & Spring Greens
Apple, Cheese & Biscuits
Yoghurt / Fruit Platter

Roast Turkey with Roast Potatoes
& Gravy
Vegetable & Leek Pie
(Creamed Potato Top) with Gravy (V)
Cheese & Pepper Whirl
with Roast Potatoes (V)
Cauliflower & Peas
Feathered Iced Marble Sponge
Yoghurt / Fruit Platter

Shepherd's Pie
Shepherdess Pie (V)
Pasta Arrabiata (V)
Cauliflower & Carrots
Pineapple Upside Down Cake
with Custard
Yoghurt / Fruit Platter

Chicken Curry with Rice
Lentil & Sweet Potato Curry with Rice (V)
Vegetable Pasta Bake (V)
Green Beans & Carrots
Wholesome Apple Crumble & Custard
Yoghurt / Fruit Platter

MSC Fillet of Fish in Batter with
Oven Baked Chips & Tomato Sauce
Glamorgan Bean & Leek Sausage
with Oven Baked Chips (V)
Vegetable & Cheese Pastry with
Oven Baked Chips (V)
Baked Beans & Garden Peas,
Chocolate & Orange Brownie
with Ice Cream
Yoghurt / Fruit Platter

MSC Fish Fingers with Oven Baked
Chips & Tomato Sauce
Cheese, Tomato & Spinach Frittata
& Oven Baked Chips (V)
Vegetable Stuffed Jacket Potato (V)
Baked Beans & Garden Peas
Apple & Raisin Flapjack
with Ice Cream
Yoghurt / Fruit Platter

Chicken Sausages with Creamed
Potatoes & Onion Gravy
Quorn Vegetarian Sausages with
Creamed Potatoes & Onion Gravy (V)
Creamy Salmon Pasta Bake
Garden Peas & Sweetcorn
Pear Sponge with Custard
Yoghurt / Fruit Platter

Beef Tortilla Stack with Rice
Macaroni Cheese (V)
Chinese Vegetarian Spring Roll
with Rice (V)
Cauliflower & Carrots
Chocolate & Mandarin Sponge
with Chocolate Sauce
Yoghurt / Fruit Platter

Roast of Choice, Roast Potatoes
& Gravy
Potato & Courgette Layer Bake (V)
Vegetarian Wellington with Roast
Potatoes & Gravy (V)
Broccoli & Carrots
Apple & Mixed Berry Crumble
with Custard
Yoghurt / Fruit Platter

Jollof Rice with Chicken
Jollof Rice with Quorn
& Mixed Beans (V)
Wholewheat Pasta Neapolitan &
Spinach (V)
Roasted Seasonal Vegetables & Sweetcorn
Lemon Drizzle Cake & Custard
Yoghurt / Fruit Platter

MSC Fillet of Fish in
Breadcrumbs with Oven Baked
Chips & Tomato Sauce
Bean & Lentil Burger
with Oven Baked Chips (V)
Jacket Potato with a choice of filling (V)
Baked Beans & Garden Peas
Fruit Jelly & Ice Cream
Yoghurt / Fruit Platter

AVAILABLE
EVERY DAY...

Bread
freshly baked on site daily
Daily salad selection
there will be a selection of salad
items available daily
Fresh Fruit &
Yoghurt
available daily

**WE USE LOCALLY
SOURCED INGREDIENTS
WHEN AVAILABLE
AND IN SEASON**

All our menus are
nutritionally analysed to
ensure they meet and in
most cases exceed
The School Food Standards
We hope your child enjoys
our new menus.

Menus could be subject to
local change, please check
your child's school for any
despite changes.



Vegetarian option



Oily fish



Marine Stewardship
Council details
Web: www.msc.org
Chain of Custody
Registration Code
MIVL - C 1009