



## Week One

05/09/16, 26/09/16, 17/10/16, 07/11/16,  
28/11/16, 19/12/16, 09/01/17

### MEAT FREE

French bread vegetarian pizza  
Vegetable cous cous  
Green salad  
Sweetcorn & red pepper salad  
Coleslaw  
Iced Finger

## Week Two

12/09/16, 03/10/16, 24/10/16, 14/11/16,  
05/12/16, 26/12/16, 16/01/17

Flavoured chicken wraps  
Vegetable tortilla stack  
Savoury rice  
Garden Peas & Sweetcorn  
Home baked oat & raisin cookie

## Week Three

19/09/16, 10/10/16, 31/10/16, 21/11/16,  
12/12/16, 02/01/17, 23/01/17

All Day Breakfast  
Sausage / Vegetarian sausage  
Scrambled egg  
Baked beans, tomatoes & mushrooms  
Hash brown  
Bread & butter  
Banoffee Pancake

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Oven baked sausage  
Vegetarian sausage  
Mashed potato  
Carrots & green beans  
Fruit topped rice pudding

Scouse  
Vegetable Hot Pot  
Beetroot  
Broccoli  
Crusty bread  
Chocolate orange drizzle cake

Italian pasta Bolognese  
Pasta Provencale  
Crusty bread  
Garden peas & carrots  
Baked pear & toffee sponge with custard

Traditional roast dinner  
Vegetable pasta bake  
Roast potatoes  
Seasonal vegetables  
Flavoured ice cream & toppings

Traditional roast dinner  
Cheese & onion pie  
Roast potatoes  
Seasonal vegetables  
Ice cream roll

Traditional roast dinner  
Spanish omelette  
Roast potatoes  
Seasonal vegetables  
Flavoured ice cream & toppings

Chinese style chicken curry  
Vegetable & bean burrito  
Pilau rice  
Broccoli & sweetcorn  
Homemade banana muffin

Indian style chicken curry  
Courgette pasta bake  
Steamed rice  
Naan bread  
Green beans & carrots  
Apple & cinnamon crumble with custard

Southern style baked chicken  
Cheese & tomato tart  
Savoury rice  
Sweetcorn & green beans  
Homemade spiced apple muffin

Fish fingers  
Homemade cheese & onion pasty  
Mushy peas or baked beans  
Chips  
Italian lemon sponge with lemon drizzle

Crispy battered fish  
Salmon goujons  
Five spice veggie noodles  
Mushy peas or baked beans  
Chips  
Fruity flapjack

Fishy Friday  
Stuffed potato skins  
Mushy peas or baked beans  
Chips  
Iced pineapple cake

Some of these dishes include:



Sustainably Sourced Fish



Red Tractor Farm Assured



Locally Produced/In Season



Free Farming

EVERYDAY

Sandwiches  
Jacket potatoes  
Fresh cut fruit  
Yoghurt