

# Spring Term Menu



## WEEK ONE

Choose from either...

- Monday**
- M** Pork Meatballs & Tomato Sauce\* **DE**
  - V** Veggie Balls & Tomato Sauce **GDE** ✓
  - JP** Cheese **GE**
- Served with  
Rice **GDE** / Mixed Vegetables
- Dessert  
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Tuesday**
- M** Beef Burger **DE**
  - V** Vegetable Burger **DE** ✓
  - JP** Baked Beans **GDE** ✓
- Served with  
Potato Bites **GDE** / Peas
- Dessert  
Shortbread **E**

Choose from either...

- Wednesday**
- M** Beef Bolognese **DE**
  - V** Lentil Bolognese **DE** ✓
  - JP** Cheese **GE**
- Served with  
Pasta **DE** / Sweetcorn
- Dessert  
Vanilla & Strawberry Mousse **GE**

Choose from either...

- Thursday**
- M** Roast Chicken & Gravy **GDE**
  - V** Roast Quorn & Gravy **GD**
  - JP** Tuna & Sweetcorn with Mayo **GD**
- Served with  
Roast Potatoes **GDE** / Carrots
- Dessert  
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Friday**
- M** Fish Fingers **DE**
  - V** Vegan Sausages **GDE** ✓
  - JP** Cream Cheese Bagel with Cucumber **E**
- Served with  
Saute Potatoes **GDE** / Garden Peas
- Dessert  
Blueberry Muffin

## WEEK TWO

Choose from either...

- Monday**
- M** Hot Dog\* **DE**
  - V** Veggie Dogs **DE** ✓
  - JP** Cheese **GE**
- Served with  
Sweetcorn / Baked Beans
- Dessert  
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Tuesday**
- M** Meatfree Bolognese **DE** ✓
  - V** Cheesy Pasta **E**
  - JP** Baked Beans **GDE** ✓
- Served with  
Pasta **DE** / Mixed Vegetables
- Dessert  
Cake Slice **GD**

Choose from either...

- Wednesday**
- M** Breaded Chicken Steak **DE**
  - V** Vegetable Fingers **DE** ✓
  - JP** Chicken Korma **GE**
- Served with  
Oven Baked Chips **GDE** / Peas
- Dessert  
Frozen Fruit Smoothie **GDE**

Choose from either...

- Thursday**
- M** Mild Beef Chilli **GDE**
  - V** Three Bean Chilli **GDE** ✓
  - JP** Cheese **GE**
- Served with  
Rice **GDE** / Sweetcorn
- Dessert  
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Friday**
- M** Chicken Sausages & Gravy **GDE**
  - V** Veggie Nuggets **DE** ✓
  - JP** Tuna Pasta Salad **D**
- Served with  
Roast Potatoes **GDE** / Carrots
- Dessert  
Pancake

## WEEK THREE

Choose from either...

- Monday**
- M** Chicken Korma **GE**
  - V** Lentil Dahl **GDE** ✓
  - JP** Spaghetti Hoops **DE** ✓
- Served with  
Rice **GDE** / Mixed Vegetables
- Dessert  
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Tuesday**
- M** Sausage Roll\* **DE**
  - V** Vegan Sausage Roll **DE** ✓
  - JP** Cheese **GE**
- Served with  
Skin-on Potato Wedges **GDE** / Baked Beans
- Dessert  
Mini Jammie Dodgers **DE** ✓

Choose from either...

- Wednesday**
- M** Italian Chicken **DE**
  - V** Veggie Lasagne **E**
  - JP** Baked Beans **GDE** ✓
- Served with  
Pasta **DE** / Garlic Bread **E** / Sweetcorn
- Dessert  
Vanilla & Chocolate Mousse **GE**

Choose from either...

- Thursday**
- M** Roast Ham & Gravy\* **GDE**
  - V** Cheese Omelette **G**
  - JP** Houmous & Grated Carrot **GDE** ✓
- Served with  
Roast Potatoes **GDE** / Carrots
- Dessert  
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Friday**
- M** Rice Crispy Coated Salmon **GDE**
  - V** Vegan Quorn Dippers **DE** ✓
  - JP** Wholemeal Cheese & Tomato Pizza **E**
- Served with  
Potato Bites **GDE** / Garden Peas
- Dessert  
Brownie Bites **D**

### Check the Schedule

- M** - Main
- V** - Vegetarian
- JP** - Jacket Potato

**JANUARY**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**FEBRUARY**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

**MARCH**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- D** - Dairy Free
  - G** - Gluten Free
  - E** - Egg Free
  - ✓ - Vegan
  - \* - Contains Pork
- All meals are served with vegetables



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# Allergies and Free-From Meals

On our menu, after each meal are some, or one, or no letters - either D, G or E. These refer to allergies that affect some children.

- D** - Signifies that a meal is Dairy Free
- G** - Signifies that a meal is Gluten Free
- E** - Signifies that a meal is Egg Free
- V** - Signifies that a meal is Vegan

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free, one which is Egg Free and one which is Vegan. All our meals are Nut Free.

If your child has any of these special dietary requirements, please be sure to tick the box for the meal that suits your child each day.

Our seasonal menu is written using the School Food Plan guidelines and includes a variety of different protein sources, oily fish, two 50% fruit-based desserts a week and a meat-free day...

Check the  
Schedule  
overleaf

# CENSUS DAY!

Choose from

**M** Beef Lasagne & Wedges **E**

**V** Vegan sausages & Wedges **GDE** **V**

**JP** Cheese **GE**

Thursday  
18<sup>th</sup> January

Dessert

Mini choc chip cookies

 **FORERUNNER**  
MORE THAN JUST A MEAL

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