

Lunch Time Menu



Week One

28/08, 18/09, 09/10, 30/10,
20/11, 11/12, 01/01, 22/01

Monday

Red Tractor Southern Fried Chicken Fillet and Cheese, Hash Brown Bites
Or
Linda McCartney Vegetarian Sausage, Mashed Potatoes
~
Seasonal Vegetables
~
Boston Brownie

Tuesday

Red Tractor Roast Pork Loin, Apple Sauce, Creamed Potatoes & Gravy
Or
Cheese & Tomato Pasta Bake, Garlic Bread
~
Seasonal Vegetables
~
Jam Sponge & Custard

Wednesday

Red Tractor Meat & Potato Pie
Or
Cheese & Onion Lattice, Mashed Potatoes
~
Seasonal Vegetables
~
Fruity Jelly & Ice Cream

Thursday

Homemade Cook's Choice Pizza Seasoned Diced Potatoes
Or
Linda McCartney Vegetarian Meatball in Tomato Sauce
~
Seasonal Vegetables
~
Courgette & Orange Muffin

Friday

MSC Certified Breaded Gluten Free Pollock Fillet, Crispy Chips
Or
Tasty Vegetable Burger, Crispy Chips
~
Seasonal Vegetables
~
Homemade Ginger Biscuit



Week Two

04/09, 25/09, 16/10, 06/11,
27/11, 18/12, 08/01, 29/01

Monday

Red Tractor Pork Sausages & Tomato Pasta Bake, Crusty Bread
Or
Linda McCartney Shepherdess Pie, Cheesy Potato Top
~
Seasonal Vegetables
~
Chocolate Delight

Tuesday

Red Tractor Roast Chicken, Stuffing, Yorkshire Pudding, Roast Potatoes & Gravy
Or
Vegetarian Sausage Todd in the Hole & Gravy
~
Seasonal Vegetables
~
Ginger Cake

Wednesday

Red Tractor Beef Burger in a Bun with Oven Baked Potato Wedges
Or
Diddy Pizza Panini with Oven Baked Potato Wedges
~
Seasonal Vegetables
~
Sticky Cornflake Tart & Custard

Thursday

Red Tractor Chicken & Sweetcorn Pasta Bake, Crusty Bread
Or
Cheesy Tomato Pasta, Crusty Bread
~
Seasonal Vegetables
~
Cookie & Orange Wedges

Friday

MSC Certified Young's Fish Fingers, Crispy Chips
Or
Southern Fried Quorn Burger in a Bun & Crispy Chips
~
Seasonal Vegetables
~
Ice Cream & Peaches

Week Three

11/09, 02/10, 23/10, 13/11,
04/12, 25/12, 15/01, 03/01

Monday

Red Tractor Savoury Minced Beef & Mashed Potato
Or
Tomato Pasta Bake & Crusty Bread
~
Seasonal Vegetables
~
Homemade Rice Pudding

Tuesday

Red Tractor Roast Beef, Yorkshire Pudding, Roast Potatoes & Gravy
Or
Quorn Fillet Roast, Yorkshire Pudding, Roast Potatoes
~
Seasonal Vegetables
~
Homemade Shortbread

Wednesday

Red Tractor Beef Spaghetti Bolognese with Crusty Bread
Or
Vegetarian Sausage Roll with Oven Baked Potato Wedges
~
Seasonal Vegetables
~
Raspberry Bun

Thursday

Red Tractor Chicken & Vegetable Pie with a Pastry Top, Creamed Potatoes
Or
Linda McCartney Mince Chilli Con Carne & Wholegrain Rice
~
Seasonal Vegetables
~

Friday

MSC - Harry Ramsden's Seaside Salmon Fillet, Crispy Chips
Or
Homemade Cheese Whirl & Crispy Chips
~
Seasonal Vegetables
~
Fruity Flapjack



Served in all our Schools Daily; Selection of Homemade Sandwiches, Jacket Potato, Fresh Bread, Freshly Prepared Salad Bar, Locally Sourced Yoghurts, Fresh Fruit and Fresh Water or No Added Sugar Fruit Cordial.

Our menus are compliant with the School Food Standards - we only serve Farm Assured Meat, MCS Fish and Free Range Eggs. Lo-Salt is always used as well as Low Fat Milk and Yoghurts - Over 80% of our dishes are made fresh in our School Kitchens allowing us to reduce Salts, Sugars and Fats in all our recipes, "Health by Stealth". If you require advice regarding allergens, please contact the Unit Catering Manager

