

Lunch Menu Spring 2020

Week One

W/C: 24/2, 30/3

Meat Free Monday

- V Cheese & Tomato Pizza
- Vg Vegetable Nuggets
Sweetcorn & Peas
- Vg (GF) Hash Browns
- Mixed Fresh Melon

Tuesday

- Chicken & Noodles
- V Stir-fry Vegetable Noodles
Sliced Carrots & Broccoli
- V Cheese & Biscuits
- Fresh Fruit/Fruit Yoghurt

Wednesday

- Roast Gammon & Yorkshire Pudding
- V Mac 'n' Cheese
- Vg (GF) Roast Potatoes & V (GF) Gravy
Farmhouse Mixed Vegetables
- V Chocolate Sponge with Chocolate Custard
Fresh Fruit/Fruit Yoghurt

Thursday

- * Cocktail Sausages in Baked Beans
- Vg Vegetable Sausages with Baked Beans
- Vg (GF) Mini Waffles & Peas
- V Apple & Oat Crumble with Custard
Fresh Fruit/Fruit Yoghurt

Friday

- * Cod Goujons
- Vg Vegetable Samosas
- Vg (GF) Oven Chips & Sweetcorn
- V Double Choc-Chip Muffin
- Fresh fruit / Fruit Yoghurt

Available Daily

- Fresh Ham or Cheese Baguette
- Baked Potatoes
- Seasonal Side Salad



Week Two

W/C: 2/3

Meat Free Monday

- V Macaroni Cheese
- Vg Lentil & Chickpea bolognese with Vg (GF) Rice
- V Garlic Bread
- Fresh Broccoli
- Fresh Pineapple & Mango

Tuesday

- * Pork Sausage
- Vg Vegetable Sausage
- V (GF) Creamed Potatoes & Baked Beans
- V Sticky Toffee Pudding & Custard
- Fresh Fruit/Fruit Yoghurt

Wednesday

- (GF) Roast Chicken Fillet
- V Cheese Tortellini with Tomato sauce
- Vg (GF) Roast Potatoes & V (GF) Gravy
Cabbage & Baby Carrots
- Fresh Fruit/Fruit Yoghurt

Thursday

- Chicken nuggets with Sweet & Sour Sauce
- Vg Vegetable Nuggets Sweet & Sour Sauce
- Vg (GF) Rice & Peas
- V (GF) Chocolate Mousse
- Fresh fruit/Fruit Yoghurt

Friday

- * Fish Fingers
- V Roasted Vegetable Quiche
- Vg (GF) Oven Chips & Baked Beans
- V Vanilla Choc-chip Muffin
- Fresh Fruit/Fruit Yoghurt

Available Daily

- Fresh Ham or Cheese Baguette
- Baked Potatoes
- Seasonal Side Salad

Baked Potatoes
and fresh salad



Week Three

W/C: 9/3

Meat Free Monday

- V Cheese & Tomato Pizza
- V Baked Potato with Beans & Cheese
Sweetcorn
- Fresh Fruit Salad

Tuesday

- * Fresh Beef Burger
- Vg Vegetable Burger
- Vg * Buns Vg Low Sugar Tomato Ketchup
- Vg Spaghetti Hoops
- V Lemon Drizzle Cake
- Fresh Fruit / Fruit Yoghurt

Wednesday

- (GF) Roast Turkey
- V Stuffed Peppers
- Vg (GF) Roast Potatoes & V (GF) Gravy
Carrots & Peas
- Fresh Fruit/Fruit Yoghurt

Thursday

- Sausage Plait
- Vg (GF) Vegetable Biryani
- V (GF) Mash Potatoes
Mixed Vegetables
- V Scotch Pancakes with Chocolate Sauce
Fresh Fruit / Fruit Yoghurt

Friday

- * Breaded White Fish
- V Cheese & Onion Pasty
- Vg (GF) Oven Chips & Peas
- V Mini Ring Doughnuts
- Fresh fruit / Fruit Yoghurt

Available Daily

- Fresh Ham or Cheese Baguette
- Baked Potatoes
- Seasonal Side Salad

Baked Potatoes
and fresh salad

Lunch Menu Spring 2020

Week Four

W/C: 16/3

Meat Free Monday

Vg Tricolour Fusilli Pasta with Tomato sauce
 Vg (GF) Wholegrain Rice with Roasted Vegetables
 Peas
 Fresh Water Melon

Tuesday

* Italian Pork Meatballs
 V Quorn Meatballs
 Vg (GF) Rice
 Mixed Vegetables
 V (GF) Chocolate Chip Mousse
 Fresh fruit / Fruit Yoghurt

Wednesday

(GF) Roast Gammon
 Vg (GF) Vegetable Fajita Mix
 Vg Fajita Wrap
 Vg (GF) Roast Potatoes & V (GF) Gravy
 Carrots & Peas
 Fresh Fruit/Fruit Yoghurt

Thursday

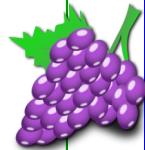
(GF) Beef Chilli
 Vg Lentil & Vegetable Chilli
 Vg (GF) Brown & White Rice
 Vg Corn Taco Shells
 Farmhouse Mixed vegetables
 V Vanilla Ice Cream
 Fresh fruit / Fruit Yoghurt

Friday

* Breaded Cod fillet in a * bun
 Vg Vegetable Samosa
 Vg (GF) Oven Chips & Peas
 V Mini Blueberry Muffin
 Fresh fruit /Fruit Yoghurt

Available Daily

Fresh Ham or Cheese Baguette
 Baked Potatoes
 Seasonal Side Salad



Baked Potatoes
and fresh salad

Week Five

W/C: 23/3

Meat Free Monday

Vg Roasted Cherry Tomato & Basil Pasta
 V Baked Potato with Cheese
 Peas & Sweetcorn
 Trio of Exotic Fresh Fruits (Melon, Pineapple, Mango)

Tuesday

(GF) Chicken Tikka Masala
 Vg (GF) Chickpea, Potato & Spinach Curry
 Vg (GF) Steamed Rice & Carrots
 Vg Chapatti
 V Iced Sponge Cake
 Fresh fruit / Fruit Yoghurt

Wednesday

(GF) Roast Chicken Fillet
 V Cauliflower & Broccoli Mornay
 Vg (GF) Roast Potatoes, & V (GF) Gravy
 Farmhouse Mixed Vegetables
 Fresh Fruit/Fruit Yoghurt

Thursday

* Fresh Sausage "Hot Dog"
 Vg Vegetable Sausage "Hot Dog"
 Vg * Hot Dog Buns
 Sweetcorn & Peas
 V Shortbread
 Fresh fruit /Fruit Yoghurt

Friday

* Breaded White fish Fillet
 Vg Vegetable Samosa
 Vg (GF) Oven Chips & Baked Beans
 V Vanilla Choc-chip Muffin
 Fresh Fruit / Fruit Yoghurt

Available Daily

Fresh Ham or Cheese Baguette
 Baked Potatoes
 Seasonal Side Salad

As with all food retailers our suppliers take every care to remove bones from relative products. Fish and meat products may contain bones due to the way the

Our Philosophy

Why we do what we do!

Meat Free Monday

Our menu reflects concerns for reducing the amount of meat we consume and parental desire for children to eat a healthy, balanced diet. We have made Monday's "meat free" and altered some of our recipes to be more plant based, offering Vegan options.

Children's Contributions

Across the schools we serve we have been asking the children what they would like on the menu. Some of the suggestions are now on this Spring review. Some all time favourites have been requested such as the Roast Gammon, Chicken Noodles and Sausage Plait.

FOOD MILES & SUPPLIERS

Our Greengrocer is less than a mile from our kitchen. Our Butchers are based in the Thames Valley. Our beef is sourced from farms in the South of England and our pork comes from the Windsor Estate.

Sustainably Sourced

Our fish is sustainably sourced. The Chicken we use is welfare assured and comes from farms in East Anglia.

!BRONZE AWARD WINNERS!

We are proud to be working with the Soil Association and their **Food For Life Campaign**. Ensuring all children are offered a freshly cooked, well balanced, seasonal meal on a daily basis. V1

