

M: Local award-winning K&M Butchers pork sausages with either creamy mash or pasta twists, beans or sweetcorn
V: Quorn sausage with either creamy mash potato or pasta twists, beans or sweetcorn
P: Coronation chicken baguette with Aqua fruit drink, and selection from the salad bar
D: Iced carrot cake - carrot cake with a vanilla frosting

M: Chicken fajitas—chicken strips with roasted pepper strips, wrapped in a wheat tortilla wrap, served with potato wedges or pasta and seasonal vegetables
V: Cheese and tomato pizza muffin—half a muffin with a homemade tomato sauce, topped with cheese, served with potato wedges or pasta, seasonal veg or salad
P: Ham and tomato sandwich on wholemeal bread with Aqua fruit drink and selection from the salad bar
D: Lemon curd sponge with custard

M: Carbonara—bacon and cheese sauce with pasta and seasonal vegetables
V: Sweet potato and lentil soup with bread roll and butter
P: Egg mayo sandwich on wholemeal bread, served with a pot of vegetable crudités and Aqua fruit drink
D: Apple & blackberry crumble with custard

Feb/Mar-2017			
		20	27
		21	28
		22	1
		23	2
		24	3
		25	4
		26	5

M: Lasagne served with garlic bread and seasonal vegetables
V: Cheese wheels - cheese, potato and onions based in a pastry wheel
P: Egg mayo roll with Aqua fruit drink, and selection from the salad bar
D: Lime jelly with pineapple pieces

M: Sausage rolls served with creamy mashed potatoes or pasta twists, baked beans or sweetcorn
V: Quorn mild korma curry with wholegrain rice and a naan bread
P: Cold pasta pot (tomato-based sauce and pasta served cold in a pot) with Aqua fruit drink, and selection from the salad bar
D: Apricot flapjack

M: Braised beef and vegetable casserole with mashed potato and mixed vegetables
V: Beans on toast—a piece of wholemeal toast with beans and a sprinkling of cheese
P: Cheese and biscuits with an apple slice with Aqua fruit drink, and selection from the salad bar
D: Cappuccino cake—coffee cake with a vanilla icing

Mar 2017			
6	13	20	27
7	14	21	28
8	15	22	29
9	16	23	30
10	17	24	31
11	18	25	
12	19	26	

M: Roast Chicken, stuffing, fresh carrots and seasonal vegetables, roast or creamed mashed potato, gravy
V: Vegetarian lentil loaf (lentils, carrots, onions and cheese loaf)
P: Ham salad wrap with Aqua fruit drink, and selection from the salad bar
D: Chocolate sauce with a shortbread biscuit

M: K&M Butchers roast Beef and Yorkshire pudding, roast or creamed potato, fresh carrots, seasonal vegetables, gravy
V: Vegetarian roast—stuffing, vegetables and cheese in a pastry swirl
P: Roast beef and tomato sandwich on wholemeal bread with Aqua fruit drink, and a selection from the salad bar
D: Orange jelly and mandarins

M: Roast gammon and pineapple, served with roast or creamy mashed potatoes, fresh carrots, seasonal vegetables and gravy.
V: Homity pie—a cheese, potato and onion pie in a pastry case
P: Ham salad sandwich on wholemeal bread with Aqua fruit drink, and selection from the salad bar
D: Vanilla ice cream and fruit cocktail



Fresh Fruit Salad and Müller Fruit Yogurts available daily



Salad Bar, Jacket Potatoes and Baguettes available daily



M: Home-made cheese and tomato pizza, with potato wedges or pasta twists, peas and sweetcorn or salad
V: Roasted vegetables and cheese frittata
P: Cream cheese and cucumber bagel with Aqua fruit drink, and selection from the salad bar
D: Dutch apple cake and custard

M: Pasta with a tomato and herb sauce, sprinkled with cheese, served with garlic bread and seasonal veg or salad
V: Quorn sausages in a sticky BBQ sauce, served with rice or pasta, seasonal veg or salad
P: Cream cheese and salad wrap with Aqua fruit drink, and selection from the salad bar
D: Oat cookie

M: K&M Butchers locally produced beef burgers in a warm bun, served with baked beans and pasta or sweetcorn
V: : Broccoli and pea baked omelette with pasta or potato wedges, beans or sweetcorn
P: Tuna and sweetcorn sandwich with Aqua fruit drink, and selection from the salad bar
D: Fruit yogurts or fresh fruit salad

M: Fish fingers with either golden fries or pasta twists, seasonal vegetables, tomato sauce
V: Crispy coated vegetable burger, golden fries or pasta twists, seasonal vegetables, tomato sauce
P: Cheese and marmite roll with Aqua fruit drink, and selection from the salad bar
D: Custard biscuits with a jam centre

M: Salmon nuggets served with a choice of golden fries or pasta twists, sweetcorn, tomato sauce,
V: Vegetarian meatballs in tomato sauce served with golden fries or pasta twists and seasonal vegetables
P: Cheese and salad filled wholemeal pittas with Aqua fruit drink, and selection from the salad bar
D: Chocolate drop cookies

M: Fish fingers, golden fries or pasta twists, sweetcorn, tomato sauce.
V: Chow mein quorn noodles with seasonal vegetables
P: Tuna and cucumber sandwiches on wholemeal bread with Aqua fruit drink, and selection from the salad bar
D: Neapolitan ice cream

FREE SCHOOL MEALS

Free School Meals are available for those on lower incomes. For further information, contact the Education Helpline on 0345 155 1019. Application forms are available from the office.

HEALTHY PACKED LUNCHES GUIDANCE

A healthy packed lunch should include:

- Portion of starchy food, e.g. wholegrain bread, pitta, pasta
- Fruit/Veg
- Dairy: semi-skimmed milk, cheese, yogurt
- Portion of lean meat, fish, egg, hummus
- Drink of fruit juice, milk, water

SCHOOL DINNERS

If you are aware that your child is a 'fussy' eater, please spend some time going through the menu to ensure they like what is on offer. There is always a vegetarian option, as well as baguettes and jacket potatoes.

UNIVERSAL INFANT FREE SCHOOL MEALS

From September 2014 all pupils in reception, year 1 and year 2 in state-funded schools in England are eligible for a free school meal (FSM).

EVERYDAY EXTRAS

- Yogurts
- Salad Bar
- Jacket Potatoes
- Cheese Baguettes,
- Tuna Baguettes
- Fresh Fruit Salad