

M: Homemade cheese and tomato pizza, served with either potato wedges or pasta spirals, peas and sweetcorn or salad
V: Roasted butternut squash, chick pea and vegetable rice
P: Cream cheese and cucumber bagel with Aqua fruit drink and selection from the salad bar
D: Jaffa chocolate cake—chocolate cake with mandarin layer covered with chocolate mousse

M: Chicken mayo and salad wrap with either potato wedges or pasta spirals and seasonal vegetables / salad from the salad bar
V: Cheese and tomato pizza muffin—half a muffin with a home-made tomato pizza sauce topped with cheese, served with potato wedges/pasta, seasonal vegetables/salad from the salad bar
P: Ham and tomato sandwich on wholemeal bread with Aqua fruit drink and selection from the salad bar
D: Blackberry sponge with custard

M: Pasta Bolognese with garlic bread slice, peas
V: Roasted vegetable soup with bread roll and butter
P: Egg mayo sandwich on wholemeal bread, served Aqua fruit drink and salad from the salad bar
D: Chocolate cracknell

M: Local award-winning K&M Butchers pork sausages served with either creamy mashed potato or pasta spirals, baked beans or sweetcorn
V: Quorn sausage served with either creamy mashed potato or pasta spirals, baked beans or sweetcorn
P: Cheese and marmite sandwich on wholemeal bread with Aqua fruit drink and selection from the salad bar
D: Bakewell tart and custard

M: Home-cooked sausage roll served with creamy mashed potatoes or pasta spirals, baked beans or sweetcorn
V: Quorn mild korma curry with wholegrain rice and naan bread
P: Cheese salad pot—a green salad pot with cheese, topped up with coleslaw, potato salad from the salad bar
D: Apple flapjack

M: Cottage pie—minced beef and gravy topped with creamy mashed potato, seasonal 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: Ginger cake and custard

M: Roast Chicken, stuffing, fresh carrots and seasonal vegetables, roast or creamed mashed potato, gravy
V: Cauliflower and broccoli cheese, vegetables in a creamy cheese sauce, roasted or mash potatoes
P: Ham salad wrap with Aqua fruit drink, and selection from the salad bar
D: Lime jelly with pineapple pieces

M: K&M Butchers roast Beef and Yorkshire pudding, roast or creamed potato, fresh carrots, seasonal vegetables, gravy
V: Vegetable lasagne with a garlic bread slice, seasonal vegetables
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: Vegetarian roast—stuffing, cheese vegetables in a pastry swirl, roast or creamed potato, gravy, vegetables
P: Ham salad sandwich on wholemeal bread with Aqua fruit drink, and selection from the salad bar
D: Blackcurrant jelly and fruit cocktail

M: Home-made beef lasagne served with seasonal vegetables and garlic bread slice
V: Quorn cottage pie served with seasonal vegetables
P: Tuna mayo salad pot—a green salad with tuna mayo and topped up with coleslaw, potato salad etc from the salad bar
D: Choose from a selection of yogurts or fruit

M: BBQ chicken with rice or pasta spirals, peas and sweetcorn
V: Pasta with a tomato and herb sauce with sprinkling of cheese, with peas and sweetcorn
P: Cream cheese and salad wrap with Aqua fruit drink, and selection from the salad bar
D: Home-made lemon drizzle cake

M: K&M Butchers locally produced beef burgers in a warm bun, served with pasta spirals, baked beans and sweetcorn
V: Vegetarian meatballs in tomato sauce with pasta spirals and seasonal vegetables
P: Tuna mayo salad pot—green salad with tuna mayo topped up with coleslaw, potato salad from the salad bar
D: Fruit yogurts or fresh fruit salad

M: Fish fingers with either golden fries or pasta spirals, seasonal vegetables, tomato sauce
V: Crispy coated vegetable burger, golden fries or pasta spirals, seasonal vegetables, tomato sauce
P: Hard-boiled egg salad pot- a green salad with a hard boiled egg topped up with coleslaw, potato salad etc from the salad bar
D: Scone with cream and jam

M: Salmon nuggets served with a choice of golden fries or pasta spirals, sweetcorn, tomato sauce,
V: Macaroni cheese with crusty bread and peas
P: Cheese and salad filled wholemeal pitta with Aqua fruit drink, and selection from the salad bar
D: Chocolate cookie

M: Fish fingers, golden fries or pasta spirals, peas, 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

Apr 2017			
		17	24
		18	25
		19	26
		20	27
		21	28
		22	29
		23	30

May 2017			
1	8	15	22
2	9	16	23
3	10	17	24
4	11	18	25
5	12	19	26
6	13	20	27
7	14	21	28



Fresh Fruit Salad and Müller Fruit Yogurts available daily



Salad Bar, Jacket Potatoes and Baguettes available daily



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