

**M:** K&M Butchers Beef Burger in a warm roll with pasta twists peas and sweetcorn. Tomato sauce  
**V:** Vegetable burger in a warm roll with pasta twists, peas and sweetcorn  
**P:** Tomato pasta salad, half crusty baguette, Aqua drink, . Selection of salad from the salad bar  
**D:** Ginger cake with an orange frosting

**M:** Beef pasta bolognaise with crusty bread, peas  
**V:** Quorn bolognaise in a tomato sauce. Pasta twists, wholemeal bread. Peas.  
**P:** Egg salad pot with a 1/2 baguette. Selection from the salad bar. Aqua drink  
**D:** Fruit crumble and custard

**M:** Tomato pasta bake with a creamy cheese topping with peas and sweetcorn and crusty bread  
**V:** Quorn Swedish meatballs in a tomato sauce with pasta twists, peas and sweetcorn  
**P:** Ham salad baguette, served with Aqua fruit drink and salad from the salad bar  
**D:** Dutch apple cake and custard

**M:** Chicken fajita wrap—chicken breast strips with mixed peppers and onion with fajita seasoning served in tortilla wrap, seasonal veg or salad from salad bar  
**V:** Mac and cheese with garlic bread  
**P:** Tuna and salad wrap with an Aqua fruit drink and a selection from the salad bar. Aqua drink.  
**D:** Raspberry jelly with fruit

**M:** Sausage roll with creamy mashed potato or pasta twists. Baked beans or sweetcorn  
**V:** Vegetable lasagne with crusty bread and sweetcorn  
**P:** Cheese and marmite sandwich on wholemeal bread, with Aqua fruit drink, and selection from the salad bar  
**D:** Orange jelly with mandarins

**M:** Home-made beef lasagne with garlic bread, sweetcorn  
**V:** Quorn sausage casserole with wholegrain rice and garlic bread  
**P:** Cheese salad pot, half a crusty baguette, Aqua drink and selection from the salad bar.  
**D:** Vanilla ice cream and peaches

**M:** Roast Pork, sage & onion stuffing, apple sauce, roast or creamy mashed potatoes, seasonal vegetables and gravy.  
**V:** Vegetable roast (roasted vegetables with stuffing and cheese in a pastry case)  
**P:** Tuna salad pot with half a baguette, Aqua fruit drink and selection from the salad bar  
**D:** Date flapjack

**M:** Roast gammon and pineapple with stuffing, roast or creamed potatoes, seasonal vegetables, gravy  
**V:** Sweet potato and lentil curry, whole grain rice, poppadum  
**P:** Cheese & salad wholemeal pitta. Aqua fruit drink, and a selection from the salad bar  
**D:** Apricot sponge and custard

**M:** Roast beef, Yorkshire pudding with either roast or creamy mashed potatoes, seasonal vegetables and gravy  
**V:** Cheese & potato pasty with baked beans or vegetables or creamy mashed potato  
**P:** Ham and tomato sandwich on wholemeal bread. Aqua fruit drink. Selection from the salad bar.  
**D:** Sticky toffee pudding and custard

**M:** Bacon and cheese quiche, creamy mashed potato or pasta twists. Baked beans, sweetcorn  
**V:** Cheese & tomato pizza muffins, pasta twists and sweetcorn  
**P:** Pork and stuffing sandwich on wholemeal bread with Aqua fruit drink and selection from the salad bar  
**D:** Fruit yogurts. Fruit salad or fruit cocktail

**M:** Cheese & tomato pizza, pasta twists or crispy potato wedges, seasonal vegetables  
**V:** Mexican burrito (a wheat tortilla wrap with a rice and roasted vegetables, kidney bean and tomato filling) with seasonal vegetables  
**P:** Gammon and salad sandwich on wholemeal bread, Aqua fruit drink, selection from the salad bar  
**D:** Fruit yogurts or fresh fruit salad, fruit cocktail

**M:** Bangers & mash, sausages with creamy mashed potato or pasta twists, baked beans or peas, onion gravy  
**V:** Quorn sausage with either mashed potato or pasta twists, baked beans, peas, onion gravy  
**P:** Beef and tomato sandwich on wholemeal bread, Aqua fruit drink, selection from the salad bar  
**D:** Fruit yogurts. Fresh fruit, Fruit cocktail.

**M:** Fish fingers with either golden fries or pasta twists, peas and sweetcorn. Tomato sauce  
**V:** Roast vegetables frittata (roast vegetables, cheese and onion sliced potato omelette)  
**P:** Egg mayo roll, an Aqua fruit drink, selection from the salad bar  
**D:** Chocolate and vanilla swirl cookie

**M:** Chicken goujons with either golden fries or pasta twists, peas, sweetcorn, tomato sauce  
**V:** Quorn sweet and sour chilli with wholegrain rice, peas and sweetcorn  
**P:** Cold cheese and tomato quiche, selection from the salad bar, Aqua drink.  
**D:** Chocolate iced sponge

**M:** Fish fillet fingers with either golden fries or pasta twists, peas, tomato sauce  
**V:** Roasted vegetable fajita (roasted peppers, onions, courgettes in a tortilla wrap with a mild Mexican seasoning  
**P:** Egg mayo sandwich on wholemeal bread with Aqua drink and selection from the salad bar  
**D:** Chocolate cookie

Oct/Nov 2018			
29	5	12	19
30	6	13	20
31	7	14	21
1	8	15	22
2	9	16	23
3	10	17	24
4	11	18	25

Nov/Dec 2018			
26	3	10	17
27	4	11	18
28	5	12	19
29	6	Xmas lunch	20
30	7	14	21
1	8	15	
2	9	16	



**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