

M: Homemade beef lasagne with a garlic bread slice, peas and sweetcorn. Salad and coleslaw available from the salad bar
V: Cauliflower cheese with crispy potatoes, peas and sweetcorn with a garlic bread slice.
D: Apple and Sultana sponge and custard

M: Home-made chicken pie: chicken breast & vegetables in a rich gravy with pastry top, served with oven potato wedges/pasta & seasonal vegetables, gravy
V: Cheese & tomato muffin pizza, with oven potato wedges/pasta, seasonal vegetables or salad from the salad bar
D: Warm jam sponge and custard

M: Cheese and tomato deep-based homemade pizza, plain or tomato pasta, peas and sweetcorn
V: A slightly spicy samosa—mixed bean and lentil curried filled samosa, plain or tomato pasta, peas and sweetcorn
D: Apricot flapjack

M: K&M Bangers and mash—sausages with creamy mashed potatoes or pasta twists, baked beans or sweetcorn
V: Cheese & potato pastry wheels with creamy mashed potatoes or pasta twists, baked beans or sweetcorn
D: Strawberry jelly with fruit cocktail

M: Chicken burger in a bun - chicken breast burger in a crispy breadcrumb coating, pasta twists, sweetcorn, salad and coleslaw from the salad bar
V: Cheese and crackers, half an apple, salad from the salad bar, Aqua fruit drink
D: Orange jelly and mandarins

M: K&M Beef Burgers in a warm bun. Potato wedges or pasta twists, peas and sweetcorn. Tomato sauce.
V: Homity pie—cheese and potato pie with baked beans, peas and sweetcorn
D: Lime jelly and pineapple

M: Roast turkey with cranberry sauce, sage & onion stuffing, roast potatoes or mashed potatoes, seasonal vegetables and gravy
V: Quorn mince cottage pie, seasonal vegetables, vegetarian gravy
D: Ginger sponge with orange frosting

M: Roast beef, Yorkshire pudding with either roast or creamy mashed potatoes, cabbage, carrots and gravy
V: Vegetarian roast, sage and onion stuffing with peppers, carrots and cheese in a flaky pastry case
D: Sticky toffee pudding and custard

M: Roast pork with apple sauce, sage & onion stuffing, roast or creamed potatoes, seasonal vegetables, gravy
V: Vegetarian and lentil loaf roast
D: Chocolate sponge and chocolate sauce

M: Cottage pie—K&M minced beef and gravy topped with cream mashed potatoes, season vegetables.
V: Veggie burgers in a warm bun. Crispy coated vegetable burger with pasta twists and seasonal vegetables or salad from the salad bar
D: Fruit yogurts. Fresh fruit salad or fruit cocktail

M: Cheese and tomato pasta bake with garlic bread and seasonal vegetables
V: Quorn Swedish meatballs in a tomato sauce, with pasta twists
D: Fruit yogurts, fresh fruit salad, fruit cocktail

M: Pasta Bolognese - mince beef in a rich tomato sauce, pasta twists, crusty bread, vegetables
V: Mac and cheese, crusty bread, vegetables
D: Fruit yogurts. Fresh fruit, Fruit cocktail.

M: Fish fingers with either golden fries or pasta twists, peas and sweetcorn. Tomato sauce
V: Linda McCartney sausage toad in the hole, vegetarian gravy. Peas and sweetcorn
D: Giant chocolate Bourbon biscuit

M: Chicken strips and golden fries or pasta twists (chicken breast strip in a light golden batter), mixed vegetables, tomato sauce
V: Oriental noodles, Chinese stir fry vegetables and noodles in a chow mein sauce
D: Chocolate iced sponge

M: Salmon fish fingers with either golden fries or pasta twists, peas, tomato sauce
V: Toasted cheese and tomato Panini, selection of salad from the salad bar
D: Chocolate and vanilla cookie

Feb/Mar 2019			
25	4	11	18
26	5	12	19
27	6	13	20
28	7	14	21
1	8	15	22
2	9	16	23
3	10	17	24

Mar/Apr 2019			
25	1		
26	2		
27	3		
28	4		
28	5		
30	6		
31	7		



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