























# WEEK ONE

Week Commencing: 5th January 2015, 26th January 2015, 23rd February 2015, 16th March 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MSC Fillet Fish Fingers</b> Diced Potatoes Peas and Sweetcorn</p> 	<p><b>Southern Style Chicken Breast</b> with Potato Wedges, Seasonal Mixed Salad and Coleslaw</p> 	<p><b>Roast Pork Loin with Apple Sauce, Oven Baked Dry Roasted Potatoes</b> Seasonal Cabbage &amp; Cauliflower with Gravy</p> 	<p><b>Turkey Pie</b> Fresh Creamed Potatoes Mixed Vegetables with Gravy</p> 	<p><b>Cheese &amp; Tomato Pizza</b> Jacket Potato Seasonal Mixed Salad or Peas &amp; Sweetcorn</p> 
<p><b>Beef Grill in a Bun</b> Diced Potatoes Peas and Sweetcorn or Seasonal Mixed Salad</p> 	<p><b>Chilli made with Organic Minced Beef</b> served with Rice Green Beans and Carrots</p> 	<p><b>Roast Chicken Breast with Sage &amp; Onion Stuffing</b> Oven Baked Dry Roasted Potatoes Seasonal Cabbage &amp; Cauliflower with Gravy</p> 	<p><b>Gammon Steak &amp; Pineapple</b> Fresh Creamed Potatoes Mixed Vegetables</p> 	<p><b>MSC Salmon</b> with W/M Tomato Pasta Peas &amp; Sweetcorn</p> 
<p><b>Quorn Burger in a Bun</b> Diced Potatoes Peas and Sweetcorn or Seasonal Mixed Salad</p> 	<p><b>Vegetable Country Bake with Potato Wedges</b> Green Beans and Carrots and Vegetarian Gravy</p> 	<p><b>Quorn Fillet</b> Oven Baked Dry Roasted Potatoes Seasonal Cabbage &amp; Cauliflower with Vegetarian Gravy</p> 	<p><b>Cheesy Jacket Potato</b> with Baked Beans Seasonal Mixed Salad &amp; Coleslaw</p> 	<p><b>Vegetable Lasagne Served with Garlic Bread</b> Peas &amp; Sweetcorn or Mixed Salad &amp; Coleslaw</p> 
<p><b>Chocolate Oatcake or Frozen Yoghurt</b></p>  <p><b>Fruit Juice Drink</b></p>	<p><b>Flapjack with Pumpkin Seeds &amp; Raisins or Apple &amp; Orange Slices</b></p>  <p><b>Milk Shake</b></p> 	<p><b>Apple &amp; Mincemeat Tart</b> With Custard or Seasonal Fresh Fruit Salad</p> 	<p><b>Fruit Muffin with Custard or Dried Fruit</b></p>  <p><b>Milk Shake</b></p> 	<p><b>Carrot Cake with Custard or Bananas &amp; Custard</b></p> 

## AVAILABLE DAILY

Available Daily: Seasonal Salad Bar / Seasonal Fruit Bowl / Yeo Valley Organic Fruit Yoghurt / Ambrosia Rice Pot / Cheese with Crackers.  
Unlimited Additional Bread & Chilled Water. Ketchup available with selected dishes.





























































Jacket Potato / Rice / Pasta / Egg Noodles or Couscous can be substituted for potatoes.  
Our dishes are prepared fresh each day. Menus may change to meet customers' preferences or if the school have a promotional event. Fresh fruits and vegetables used are subject to seasonal variation. A range of locally sourced products are used.




 Contains Gluten
  Contains Celery
  Contains Mustard
  Contains Egg
  Contains Fish
  Contains Lupin
  Contains Milk
  Contains Soybeans
  Contains Nuts
  Contains Sulphur Dioxide
  Contains Crustaceans

# WEEK TWO



Week Commencing: 12th January 2015, 2nd February 2015, 2nd March 2015, 23rd March 2015












MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Pork Meatballs with W/M Tomato Pasta Mixed Vegetables</b></p> 	<p><b>Lasagne made with Organic Minced Beef served with Garlic Bread, Peas &amp; Sweetcorn or Mixed Salad &amp; Coleslaw</b></p>    	<p><b>Roast Turkey Joint accompanied with Sage &amp; Onion Stuffing Oven Baked Dry Roasted Potatoes, Seasonal Cabbage &amp; Swede with Gravy</b></p> 	<p><b>Cottage Pie made with Organic Minced Beef served with Broccoli and Carrots</b></p> 	<p><b>Cheese &amp; Tomato Pizza with Chips Peas &amp; Carrots or Salad</b></p>  
<p><b>Chicken Casserole Diced Potatoes Mixed Vegetable</b></p>	<p><b>MSC Pollock Fillet with Lemon and Herb Crunchy Coating, Herby Diced Potatoes Peas &amp; Sweetcorn</b></p>       	<p><b>Sweet &amp; Sour Pork with Stir-fry Vegetable and Egg Noodles</b></p>   	<p><b>Mixed Pepper Quiche with Jacket Potato Seasonal Mixed Salad &amp; Coleslaw</b></p>    	<p><b>MSC Fillet Fish Fingers with Chips Mushy Peas &amp; Carrots</b></p>    
<p><b>Vegetarian Moussaka Diced Potatoes Mixed Vegetable</b></p>   	<p><b>Quorn &amp; Broccoli Bake Herby Diced Potatoes Peas &amp; Sweetcorn</b></p>    	<p><b>Sweet &amp; Sour Quorn with Stir-fry Vegetable and Egg Noodles</b></p>    	<p><b>Vegetarian Cottage Pie served with Broccoli and Carrots</b></p>  	<p><b>Basil &amp; Tomato Pasta Peas &amp; Carrots</b></p>  
<p><b>Ginger Fudge Cake with Vanilla Sauce or Iced Fruit Smoothie</b></p>   	<p><b>Apple Eves Pudding with Custard or Cheese &amp; Grapes with Crackers</b></p>   	<p><b>Steamed Syrup Sponge with Custard Sauce or Seasonal Fresh Fruit Salad</b></p>   	<p><b>Fruit Swirl or Portion of Dried Fruit</b></p> 	<p><b>Chocolate Flapjack or Ice Cream Sponge Roll</b></p>    
	<p><b>Milk Shake</b></p> 		<p><b>Milk Shake</b></p> 	<p><b>Fruit Juice Drink</b></p>

## AVAILABLE DAILY

Available Daily: Seasonal Salad Bar / Seasonal Fruit Bowl /  Yeo Valley Organic Fruit Yoghurt /  Ambrosia Rice Pot /  Cheese with Crackers. Unlimited Additional Bread & Chilled Water. Ketchup available with selected dishes.



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# WEEK THREE

Week Commencing: 19th January 2015, 9th February 2015, 9th March 2015, 13th April 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Bolognaise made with Organic Minced Beef served with W/M Penne and Garlic Bread Green Beans &amp; Carrots</b></p>	<p><b>Chicken Curry with Rice &amp; Naan Bread Mixed Vegetables</b></p>	<p><b>Roast Beef accompanied with Yorkshire Pudding, Oven Baked Dry Roasted Potatoes, Broccoli and Cauliflower with Gravy</b></p>	<p><b>MSC Breaded Salmon Nuggets Fresh Creamed Potatoes Carrots &amp; Peas</b></p>	<p><b>Cheese &amp; Tomato Pizza Potato Wedges with Baked Beans or Seasonal Mixed Salad &amp; Coleslaw</b></p>
<p><b>Deli Chicken Chunks in a Wrap with Seasoned Potato Wedges Seasonal Mixed Salad or Green Beans &amp; Carrots</b></p>	<p><b>Pork Loin Slice with Potato Wedges Mixed Vegetables and Gravy</b></p>	<p><b>Roast Chicken Breast accompanied with Sage &amp; Onion Stuffing, Oven Baked Dry Roasted Potatoes Broccoli and Cauliflower with Gravy</b></p>	<p><b>Baked Sausages Fresh Creamed Potatoes Carrots &amp; Peas with Gravy</b></p>	<p><b>MSC Seaside Style Pollack Fillet Potato Wedges with Baked Beans or Mushy Peas</b></p>
<p><b>Quorn Dippers in a Wrap with Seasoned Potato Wedges Seasonal Mixed Salad Green Beans &amp; Carrots</b></p>	<p><b>Vegetarian Chilli with Rice Mixed Vegetables</b></p>	<p><b>Macaroni Cheese Oven Baked Dry Roasted Potatoes, Broccoli and Cauliflower with Gravy</b></p>	<p><b>Vegetarian Sausage Fresh Creamed Potatoes Carrots &amp; Peas with Vegetarian Gravy</b></p>	<p><b>Vegetarian Spaghetti Bolognaise served with Garlic Bread Sweetcorn and Peas</b></p>
<p><b>Crunchy Carrot Cookies or Dried Fruit</b></p>	<p><b>Melting Moment Biscuits or Apple &amp; Cheese with Crackers</b></p>	<p><b>Apple Crumble with Custard or Seasonal Fresh Fruit Salad</b></p>	<p><b>Chocolate Cake with Vanilla Sauce or Cheese &amp; Grapes with Crackers</b></p>	<p><b>Apple and Date Delight or Apple &amp; Orange Slices</b></p>
<p><b>Milk Shake</b></p>	<p><b>Fruit Juice Drink</b></p>		<p><b>Milk Shake</b></p>	

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