

FOOD TO FLOURISH

WEEK 1

MONDAY

CHOOSE FROM
Baked pork sausages with gravy and choice of potato
 (V) Italian style tomato pasta with garlic bread finger

ON THE SIDE
Served with green beans

TO FINISH
Ice cream

TUESDAY

CHOOSE FROM
Roast beef, Yorkshire pudding
 (V) Quorn burger, Yorkshire pudding

ON THE SIDE
Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots

TO FINISH
A choice of cold desserts

WEDNESDAY

CHOOSE FROM
 *Bubble salmon and sweet potato mash
 (V) Margherita pizza

ON THE SIDE
Served with garden peas and sweetcorn mix

TO FINISH
Chocolate and pear crumble with chocolate custard

THURSDAY

CHOOSE FROM
Roast chicken
 (V) Vegetarian sausages

ON THE SIDE
Served with roast potatoes, gravy, cabbage and baton carrots

TO FINISH
A choice of cold desserts

FRIDAY

CHOOSE FROM
Fish fingers and chips with tomato ketchup
 (V) Sweet potato and lentil curry with brown and white rice and Naan style bread

ON THE SIDE
Served with baked beans or garden peas

TO FINISH
Apple and blackberry love cake



A selection of alternative desserts; Banana, apple, orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice are available daily

WEEK 2

CHOOSE FROM
Ham and cheese macaroni with garlic bread finger
 (V) Quorn burger with gravy and herby diced potatoes

ON THE SIDE
Served with a trio of vegetables

TO FINISH
Fruit smoothie pot or apple lolly

CHOOSE FROM
Roast pork
 (V) Vegetarian sausage puff

ON THE SIDE
Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots

TO FINISH
A choice of cold desserts

CHOOSE FROM
 (V) Vegetable chilli with brown and white rice
 (V) Margherita pizza with salsa salad

ON THE SIDE
Served with broccoli or peppers and sweetcorn

TO FINISH
Jumble biscuit

CHOOSE FROM
Chicken and sweetcorn pie
 (V) Vegetable goujons

ON THE SIDE
Served with mashed potatoes, gravy, green beans, carrots and swede

TO FINISH
A choice of cold desserts

CHOOSE FROM
Battered fish and chips with tomato ketchup
 (V) BBQ vegetable and bean wrap

ON THE SIDE
Served with garden peas

TO FINISH
Fruity chocolate bake



Additional bread and salad are available daily

WEEK 3

CHOOSE FROM
Sausage roll with tomato relish and mashed potato
 (V) Vegetarian cottage pie

ON THE SIDE
Served with garden peas

TO FINISH
Fruit with natural yoghurt

CHOOSE FROM
Roast chicken
 (V) Vegetarian meat free balls

ON THE SIDE
Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots

TO FINISH
A choice of cold desserts

CHOOSE FROM
Thai chicken curry, with brown and white rice, Naan style bread
 (V) Margherita pizza

ON THE SIDE
Served with garden peas

TO FINISH
St Clements sponge and custard

CHOOSE FROM
Roast pork
 (V) Vegetable lattice slice

ON THE SIDE
Served with roast potatoes, gravy, green beans and diced carrots

TO FINISH
A choice of cold desserts

CHOOSE FROM
Fish fingers and chips with tomato ketchup
 (V) Roasted vegetable pasta and garlic bread finger

ON THE SIDE
Served with baked beans or garden peas

TO FINISH
Apple taco

Jacket potatoes may be available locally - please check with your school (V) Vegetarian *Gold award winner Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets

CALENDAR

OCTOBER 2017

u	M	Tu	W	Th	F	Sa
	2	3	4	5	6	7
	9	10	11	12	13	14
5	16	17	18	19	20	21
2	23	24	25	26	27	28
9	30	31				

NOVEMBER 2017

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER 2017

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JANUARY 2018

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY 2018

Su	M	Tu	W	Th	F	Sa
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

MARCH 2018

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

