



Week 1 Menus provided by Food Counts.	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish <i>We strive to provide a variety of hot and cold dishes, for each child to freely decide what they would like for lunch.</i>	Chicken & sweetcorn Pasta Bake topped with grated cheese.	Roast chicken and stuffing balls, served with a rich gravy.	Salmon fish fingers, served with a selection of table sauces.	BBQ Sausage with pitta strips and mixed salad	Homemade pizza served with our special tomato, sauce and your school picked toppings.
Alternative Dish Jacket Potatoes with Cheese, Tuna, Beans etc. available everyday	Vegetable and chickpea Jambalaya	Quorn sausage served with a caramelised red onion gravy.	Cheese, lentil and tomato pinwheel.	Homemade vegetable and bean lasagne served with garlic bread	Cauliflower & Broccoli cheese gratin
Homemade Soup	Chefs choice	Chef's choice	Chefs choice	Chef's choice	Chef's choice
Starchy Food Various Bread choices in the week	Wholemeal pasta Rice	Dry roasted Potatoes	Baby new potatoes	Potato wedges Pasta	Chips
Vegetables Daily Salad Bar and homemade specials	Mixed leaf salad Whole green beans	Broccoli Cauliflower	Peas & sweetcorn	Sliced carrots & mixed salad.	Baked beans
Dessert Menu choices may alter based upon school & pupil preference	Exotic fruit Platter with water -melon wedges. Organic yogurts. Fresh Fruit.	Homemade fruit Crumble (chef choice) with custard Organic yogurts. Fresh Fruit.	Pear and Chocolate sponge with chocolate custard Organic yogurts. Fresh Fruit.	Raspberry and Apple muffins Organic yogurts. Fresh fruit.	Assorted fruit jelly pots Organic yogurts. Fresh fruit.

Our meals are prepared on a daily basis.
 All Food Counts Ltd meat is farm assured as a welfare standard.
 Over 50% of our food is locally sourced, and 30% organic (subject to availability)
 We use Fairtrade and organic produce and free range eggs.
 Food Counts Ltd is a 'not for profit' School Company owned by its Partner Schools



Week 2 Menus provided by Food Counts.	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish <i>We strive to provide a variety of hot and cold dishes, for each child to freely decide what they would like for lunch.</i>	Homemade chicken and Leek Pie. (school specific)	Battered fish, served with tomato and tartar sauce.	Homemade beef lasagne. served with garlic bread.	Tomato and garlic chicken melt. <i>(Fillet of chicken topped with a tomato sauce and melted cheese)</i>	Homemade pizza served with our special tomato, sauce and your school picked toppings.
Alternative Dish Jacket Potatoes with Cheese, Tuna, Beans etc. available everyday	Vegetable and bean chilli served with a floured tortilla.	Homemade cheese and red onion quiche	Mushroom & lentil bolognese served with garlic bread.	Vegetable samosa served with mango chutney	Vegetable bakes served with a tomato sauce
Homemade Soup	Chef's choice	Chefs choice	Chefs choice	Chefs choice	Chefs choice
Starchy Food Various Bread choices in the week	Dry roasted potatoes Mexican cous cous	Baked wedges	Wholemeal Pasta	Baby new potatoes	Chips
Vegetables Daily Salad Bar and homemade specials	Green beans Sweet corn	Garden Peas Mushy Peas	Mixed leaf salad Coleslaw	Broccoli Cauliflower	Baked beans Crunchy salad and coleslaw
Dessert Menu choices may alter based upon school & pupil preference	Fresh fruit platter. Organic yogurts. Fresh fruit.	Chefs choice fruit based pudding. Organic yogurts. Fresh fruit.	Sticky Toffee pudding with custard Organic yogurts. Fresh fruit.	St Clements Cookies Organic yogurts. Fresh fruit.	Ice-Cream cups. Fresh fruit. Organic yogurts. Fresh fruit.

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Week 3 Menus provided by Food Counts.	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish <i>We strive to provide a variety of hot and cold dishes, for each child to freely decide what they would like for lunch.</i>	Homemade chicken Dhansak curry with cucumber & coriander salad, mango chutney and naan bread	School Fish special	Hoisin chicken street noodles	Homemade spaghetti bolognaise served with garlic bread & grated cheese.	Homemade pizza served with our special tomato, sauce and your school picked toppings.
Alternative Dish Jacket Potatoes with cheese, tuna, beans etc. available everyday	Macaroni cheese served with homemade sundried tomato Bread	Chef choice	Quorn balls with a garlic and herb sauce.	Cheese and Onion lattice bakes.	Baked Spanish Omelette
Homemade Soup	Chef's choice	Chefs choice	Chefs choice	Chefs choice	Chef's choice
Starchy Food Various bread choices in the week	Basmati rice Pasta	Chef choice	Noodles Wholemeal pasta	Spaghetti Baby new potatoes	Chips
Vegetables Daily salad bar and homemade specials	Sliced carrots Peas	Chefs Choice	Green beans & sweetcorn	Broccoli Cauliflower	Baked beans
Dessert Menu choices may alter based upon school & pupil preference	Exotic fruit platter with water melon wedges. Organic yogurts Fresh fruit	Chef choice fruit dessert Organic yogurts Fresh fruit	Railway sponge and custard Organic yogurts Fresh fruit	Chocolate orange tiffin Organic yogurts Fresh fruit	Fruit ice smoothies Organic yogurts Fresh fruit

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