



Week beginning: 1 st Jan, 22 nd Jan, 19 th Feb, 12 th March	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Main Dish</p> <p><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></p>	<p>Chef special</p> <p>Roasted chicken flavoured with your favourite spices.</p>	<p>Keema Pie</p> <p>Served in a spicy rich gravy.</p> <p>(Gluten / Milk)</p>	<p>Bubble coated salmon served with a selection of table sauces.</p> <p>(Fish)</p>	<p>Homemade spaghetti bolognaise bake topped with grated cheese, served with garlic bread.</p> <p>(*Gluten / Milk)</p>	<p>Homemade pizza served with our special tomato, sauce</p> <p>(*Gluten / Milk)</p>
<p>Alternative Dish</p> <p>Jacket Potatoes with Cheese, Tuna, Beans etc.</p>	<p>Vegie fingers.</p> <p>(Gluten)</p>	<p>Quorn sausages served with a rich gravy.</p> <p>(Gluten /Egg/ Milk)</p>	<p>Macaroni cheese served with homemade herby Bread.</p> <p>(Gluten / Milk)</p>	<p>Sweet potato & Butternut squash curry served with wholemeal chapatti.</p> <p>(*Gluten)</p>	<p>Free range egg mayonnaise sub roll.</p> <p>(Gluten / Egg)</p>
Homemade Soup	Chef's choice	Chefs choice	Chefs choice	Chefs choice	Chef's choice
<p>Starchy Food</p> <p>Various Bread choices in the week</p>	Baked wedges	Dry Roasted or Creamed potatoes	Baby new potatoes Pasta	Spaghetti Mexican brown rice	Chips
<p>Vegetables</p> <p>Daily Salad Bar and homemade specials</p>	Mixed salad Peas	Sliced carrots & Cauliflower	Green beans & sweetcorn	Broccoli Crunchy salad	Baked beans
<p>Dessert</p> <p>Menu choices may alter based upon school & pupil preference</p>	<p>Exotic fruit platter with water melon wedges.</p> <p>Organic yogurts Fresh fruit</p>	<p>Homemade creamy rice pudding with a fruity topping.</p> <p>Organic yogurts Fresh fruit</p>	<p>Chef choice of fruit pudding.</p> <p>Organic yogurts Fresh fruit</p>	<p>Coconut and Cherry cookies</p> <p>Organic yogurts Fresh fruit</p>	<p>Chocolate and strawberry mousse.</p> <p>Organic yogurts Fresh fruit</p>

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

Note: * Gluten denotes that a gluten free alternative dish is available.



Week beginning: 8 th Jan, 29 th Jan, 26 th Feb, 19 th March	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>	Battered fish fillet, served with tomato and tartar sauces. (* <u>Gluten</u>)	Chefs Homemade special Chicken pie. (Gluten / Milk)	Homemade beef lasagne, Served with garlic bread. (Gluten / Milk)	Kerala chicken curry served with chapatti	Beef/ Chicken burger Served in a soft bun with sliced Tomatoes and Burger Relish. (Gluten)
Alternative Dish Jacket Potatoes with Cheese, Tuna, Beans etc.	Vegie bolognaise served with tomato and herby bread. (* <u>Gluten</u>)	Vegetable and cheese bakes served with homemade spicy tomato sauce. (Gluten)	Homemade Kashmiri vegetable curry	Cheese and onion Lattice. (Gluten / Milk)	Southern style Quorn burger served in a bun Burger (Gluten / Eggs)
Homemade Soup	Chefs choice	Chef's choice	Chefs choice	Chefs choice	Chefs choice
Starchy Food Various Bread choices in the week	Baked wedges Wholemeal Pasta	Creamed or Dry roasted potatoes	Pasta White and brown rice	Baby new potatoes Sunshine rice	Chips
Vegetables Daily Salad Bar and homemade specials	Garden Peas Mushy Peas	Green beans Cauliflower	Mixed leaf salad Coleslaw	Broccoli Sweet corn	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.	Iced sponge Organic yogurts. Fresh fruit.	Black forest muffins. Organic yogurts. Fresh fruit.	Ice-Cream cups. Organic yogurts. Fresh fruit.

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Week beginning: 15 th Jan, 5 th Feb, 5 th March, 26 th March	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Main Dish We strive to provide a variety of hot and cold dishes, for each child to freely decide what they would like for lunch.</p>	<p>Fish Fingers served with tomato sauce. (*<u>Gluten</u> / Eggs /Fish)</p>	<p>Roast chicken and stuffing balls, served with a rich gravy. (*<u>Gluten</u>/ Eggs /Milk)</p>	<p>Beef chilli con carne</p>	<p>Homemade chicken Dhansak curry served with a chapatti.</p>	<p>Homemade pizza served with our special tomato, sauce (*<u>Gluten</u> / Milk)</p>
<p>Alternative Dish Jacket Potatoes with cheese, tuna, beans etc.</p>	<p>Vegetarian sausage roll. (Gluten)</p>	<p>Quorn nuggets Served with a spicy tomato sauce (Gluten)</p>	<p>Vegetable dal served with Naan bread. (*<u>Gluten</u>)</p>	<p>Homemade vegetable and bean lasagne served with garlic bread (Gluten /Milk/ Eggs)</p>	<p>Tuna and crunchy salad wraps. (Gluten / Fish)</p>
Homemade Soup	Chefs choice	Chef's choice	Chef's choice	Chefs choice	Chef's choice
<p>Starchy Food Various bread choices in the week</p>	Baked wedges	Dry roasted Potatoes	Rice and peas	Pasta Wholemeal sunshine rice	Chips
<p>Vegetables Daily salad bar and homemade specials</p>	Mixed leaf salad Whole green beans	Broccoli Cauliflower	Sweetcorn & red peppers	Sliced Carrots & peas Mixed salad	Baked beans & mixed salad.
<p>Dessert Menu choices may alter based upon school & pupil preference</p>	<p>Exotic fruit Platter with water -melon wedges. Organic yogurts. Fresh Fruit.</p>	<p>American pancake served with an Apple and strawberry topping Organic yogurts. Fresh Fruit.</p>	<p>Chef special fruity flapjack Organic yogurts. Fresh fruit.</p>	<p>Pear & Chocolate sponge with chocolate custard Organic yogurts. Fresh Fruit.</p>	<p>Assorted fruit jelly pots. Organic yogurts. Fresh fruit.</p>

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