



| Week 1 15 th Oct, 5 th Nov, 26 th Nov, 17 th Dec. | 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> | Bubble coated salmon served with a selection of table sauces. (Fish) | Keema Pie served in a spicy rich gravy. (Gluten) | Chef special Smokey BBQ roasted chicken drumstick. | Homemade spaghetti bolognaise bake topped with grated cheese, served with garlic bread. (*Gluten/Milk) | Homemade pizza served with our special tomato sauce. (*Gluten/Milk) |
| Alternative Dish Jacket Potatoes with Cheese, Tuna, Beans etc. | Veggie fingers. (Gluten) | Quorn Dippers Served with a spicy tomato sauce. (Gluten) | Macaroni cheese served with homemade herby bread. (Gluten/Milk) | Chef special vegetable Korma curry served with <u>*wholemeal chapatti</u> . (*Gluten) | Free range egg mayonnaise sub roll. (Gluten/Egg) |
| Homemade Soup | Chef's choice | Chefs choice | Chefs choice | Chefs choice | Chef's choice |
| Starchy Food Various Bread choices in the week | Baked wedges | Dry Roasted or Creamed potatoes | Baby new potatoes Pasta | Spaghetti Brown rice | Chips |
| Vegetables Daily Salad Bar and homemade specials | Mixed salad Peas | Sliced carrots & Cauliflower | Green beans & sweetcorn | Broccoli Crunchy 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 creamy rice pudding with a fruity topping. Organic yogurts Fresh fruit | Chef choice of fruit pudding. Organic yogurts Fresh fruit | Chef special Mexican cinnamon cookies Organic yogurts Fresh fruit | Chocolate and strawberry mousse. 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

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



| Week 2 1 st Oct, 12 th Nov, 3 rd Dec. | 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>Bubble coated fish fillet, served with tomato and tartar sauces.</p> <p>(*<u>Gluten</u>/fish)</p> | <p>Chefs homemade special Chicken pie.</p> <p>(Gluten/Milk)</p> | <p>Tuna and pasta bake, served with garlic bread.</p> <p>(Gluten/Milk)</p> | <p>Chicken Biryani curry served with *<u>chapatti</u></p> <p>(*<u>Gluten</u>)</p> | <p>Beef burger served in a soft bun with sliced tomatoes and burger relish.</p> <p>(Gluten)</p> |
| <p>Alternative Dish</p> <p>Jacket Potatoes with Cheese, Tuna, Beans etc.</p> | <p>Veggie bolognese served with tomato and herby bread.</p> <p>(*<u>Gluten</u>)</p> | <p>Vegetable Sausage roll.</p> <p>(Gluten/Soya)</p> | <p>Vegetable burrito.</p> <p>(*<u>Gluten</u>)</p> | <p>Cheese & onion pinwheels.</p> <p>(Gluten/Milk)</p> | <p>Southern style Quorn burger served in a bun.</p> <p>(Gluten/Eggs/Milk)</p> |
| <p>Homemade Soup</p> | <p>Chefs choice</p> | <p>Chef's choice</p> | <p>Chefs choice</p> | <p>Chefs choice</p> | <p>Chefs choice</p> |
| <p>Starchy Food</p> <p>Various Bread choices in the week</p> | <p>Baked wedges Wholemeal Pasta</p> | <p>Creamed or Dry roasted potatoes</p> | <p>Pasta White and brown rice</p> | <p>Baby new potatoes Sunshine rice</p> | <p>Chips</p> |
| <p>Vegetables</p> <p>Daily Salad Bar and homemade specials</p> | <p>Garden Peas Mushy Peas</p> | <p>Green beans Cauliflower</p> | <p>Mixed leaf salad Coleslaw</p> | <p>Broccoli Sweet corn</p> | <p>Baked beans Crunchy salad and coleslaw</p> |
| <p>Dessert</p> <p>Menu choices may alter based upon school & pupil preference</p> | <p>Fresh fruit platter.</p> <p>Organic yogurts. Fresh fruit.</p> | <p>Chef's choice fruit based pudding.</p> <p>Organic yogurts. Fresh fruit.</p> | <p>Chef choice crumble with custard.</p> <p>Organic yogurts. Fresh fruit.</p> | <p>St Clements muffins.</p> <p>Organic yogurts. Fresh fruit.</p> | <p>Ice-Cream cups.</p> <p>Organic yogurts. Fresh fruit.</p> |

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| Week 3 8 th Oct, 29 th Oct, 19 th Nov, 10 th Dec. | 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> | Fish fingers served with tomato sauce. (* <u>Gluten</u> /Fish) | Roast chicken and served with a rich gravy. (* <u>Gluten</u>) | Jacket potato day, served with the chef special fillings! | Homemade chicken madras curry served with a <u>*flat bread</u> . (* <u>Gluten</u>) | Homemade pizza served with our special tomato, sauce (* <u>Gluten</u> /Milk) |
| Alternative Dish Jacket Potatoes with cheese, tuna, beans etc. | Vegetable and cheese bakes served with homemade spicy tomato sauce. (Gluten/Milk) | Vegetable samosa served with mango chutney (Gluten) | Jacket potato day, served with the chef special fillings! | Homemade vegetable and bean lasagne served with garlic bread (Gluten/Milk) | Chicken and sweetcorn mayo with crunchy salad wraps. (Gluten/Egg) |
| Homemade Soup | Chefs choice | Chef's choice | Chef's choice | Chefs choice | Chef's choice |
| Starchy Food Various bread choices in the week | Hash Browns | Dry roasted potatoes | Jacket potatoes | Pasta Wholemeal sunshine rice | Chips |
| Vegetables Daily salad bar and homemade specials | Mixed leaf salad Whole green beans | Broccoli Cauliflower | Baked beans & tomatoes | Sliced Carrots Mixed salad | Peas & mixed salad. |
| Dessert Menu choices may alter based upon school & pupil preference | Exotic fruit Platter with Watermelon. Organic yogurts. Fresh Fruit. | Mandarin cheesecake. Organic yogurts. Fresh Fruit. | Chef special fruity flapjack. Organic yogurts. Fresh fruit. | Banana & chocolate sponge with chocolate custard. Organic yogurts. Fresh Fruit. | Assorted fruit jelly pots. Organic yogurts. Fresh fruit. |

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