



Week 1 7 <sup>th</sup> Jan, 28 <sup>th</sup> Jan, 25 <sup>th</sup> Feb, 18 <sup>th</sup> Mar	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b> <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 Garlic and herb 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)
<b>Alternative Dish</b> Jacket Potatoes with Cheese, Tuna, Beans etc.	Cheese and vegetable bakes.  (Milk, Gluten)	Quorn Fillet Served with a rich gravy.  (Eggs)	Macaroni cheese served with homemade herby Bread.  (Gluten / Milk)	Sweet potato and butternut squash Dhansak curry with a <u>wholemeal chapatti</u> . (*Gluten)	Free range egg mayonnaise sub roll.  (Gluten / Egg)
<b>Homemade Soup</b>	Chef's choice	Chefs choice	Chefs choice	Chefs choice	Chef's choice
<b>Starchy Food</b> Various Bread choices in the week	Baked wedges	Dry Roasted or Creamed potatoes	Baby new potatoes Pasta	Spaghetti Brown rice	Chips
<b>Vegetables</b> Daily Salad Bar and homemade specials	Mixed salad Peas	Sliced carrots & Cauliflower	Green beans & sweetcorn	Broccoli Crunchy salad	Baked beans
<b>Dessert</b> 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 Chocolate and Cranberry 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.  
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**Note: \* Gluten denotes that a gluten free alternative dish is available.**



Week 2 14 <sup>th</sup> Jan, 4 <sup>th</sup> Feb, 4 <sup>th</sup> Mar, 25 <sup>th</sup> Mar.	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b> <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>	Harry Ramsden battered fish, served with tomato and tartar sauces.  ( * <u>Gluten</u> / fish )	Chefs Homemade special Chicken and leek pie.  (Gluten / Milk)	Homemade beef lasagne, Served with garlic bread.  (Gluten / Milk)	Chicken Rogan Josh curry served with * <u>chapatti</u>  ( * <u>Gluten</u> )	Beef burger Served in a soft bun with sliced Tomatoes and Burger Relish.  (Gluten )
<b>Alternative Dish</b> <b>Jacket Potatoes with Cheese, Tuna, Beans etc.</b>	Vegie Chilli served with Tortilla chips.	Quorn Dippers Served with a tomato sauce  (Eggs/ Milk/Gluten )	Vegetable biryani served with a * <u>chapatti</u> ( * <u>Gluten</u> )	Homemade Cheese & onion Flan. (Gluten / Milk)	Quorn burger served in a bun (Gluten/Eggs/Milk)
Homemade Soup	Chefs choice	Chef's choice	Chefs choice	Chefs choice	Chefs choice
<b>Starchy Food</b> 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
<b>Vegetables</b> 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
<b>Dessert</b> Menu choices may alter based upon school & pupil preference	Fresh fruit platter.  Organic yogurts. Fresh fruit.	Chef's Favourite pudding.  Organic yogurts. Fresh fruit.	Chef choice Fruity crumble with custard.  Organic yogurts. Fresh fruit.	Banana Muffins.  Organic yogurts. Fresh fruit.	Toffee Yogurt and Strawberry Yogurt ice creams.  Organic yogurts. Fresh fruit.

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Week 3 21 <sup>st</sup> Jan, 11 <sup>th</sup> Feb, 11 <sup>th</sup> Mar, 1 <sup>st</sup> Apr.	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Main Dish</b></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>Fish Fingers served with tomato sauce.</p> <p>(*<u>Gluten</u> / Fish)</p>	<p>Roast chicken served with a rich gravy.</p>	<p>Mexican Tortilla bake</p> <p>Layers of Mexican spiced beef with floured Tortillas topped with cheese</p> <p>(<u>Gluten</u> /Milk)</p>	<p>Homemade Jamaican chicken curry served with a *<u>flat bread</u>.</p> <p>(*<u>Gluten</u> )</p>	<p>Homemade pizza served with our special tomato, sauce</p> <p>(*<u>Gluten</u> / Milk)</p>
<p><b>Alternative Dish</b></p> <p>Jacket Potatoes with cheese, tuna, beans etc.</p>	<p>Glamorgan sausage Cheese, leek and onion sausage</p> <p>(Gluten /Milk / Mustard)</p>	<p>Vegetable samosa served with mango chutney</p> <p>(Gluten)</p>	<p>New York style Smokey Quorn Hotdog in a roll served with Tomato sauce</p> <p>(Gluten/Eggs/Milk)</p>	<p>Homemade vegetable and bean lasagne served with garlic bread</p> <p>(Gluten /Milk)</p>	<p>Cheesy wrap with crunchy salad.</p> <p>(Gluten / Egg/ Milk)</p>
Homemade Soup	Chefs choice	Chef's choice	Chef's choice	Chefs choice	Chef's choice
<p><b>Starchy Food</b></p> <p>Various bread choices in the week</p>	Baked wedges	Dry roasted potatoes	Hash browns	Pasta Wholemeal sunshine rice	Chips
<p><b>Vegetables</b></p> <p>Daily salad bar and homemade specials</p>	Mixed leaf salad Whole green beans	Broccoli Cauliflower	Baked beans & tomatoes	Sliced Carrots Mixed salad	Peas & mixed salad.
<p><b>Dessert</b></p> <p>Menu choices may alter based upon school &amp; pupil preference</p>	<p>Exotic fruit Platter with water -melon.</p> <p>Organic yogurts. Fresh Fruit.</p>	<p>Mandarin cheesecake</p> <p>Organic yogurts. Fresh Fruit.</p>	<p>Chef special fruity flapjack</p> <p>Organic yogurts. Fresh fruit.</p>	<p>Apricot &amp; Chocolate sponge with chocolate custard</p> <p>Organic yogurts. Fresh Fruit.</p>	<p>Assorted fruit jelly pots.</p> <p>Organic yogurts. Fresh fruit.</p>

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