

## Four Week Menu

In addition to the published choices, we also offer a wide selection of salads, bread and butter, cut fruit, yoghurt.

*(Please note that due to supply issues, there may be changes to the menu. If you have any questions, please call the school office and we will be happy to help)*

### Week One Menu

#### MONDAY

##### Breakfast - N/A

##### Lunch

Chicken Korma or Vegetable Korma with Rice

Pasta with tomato and herb sauce and grated cheese

Chocolate chip cookies

##### Supper

Cod, chips and peas

#### TUESDAY

##### Breakfast

Bacon, egg, grilled tomatoes

##### Lunch

Cornish or Vegan pasty with new potatoes, carrots, broccoli and gravy

Selection of vegetable quiches

Victoria sponge cake

##### Supper

Pasta bake, garlic bread and sweetcorn

#### WEDNESDAY

##### Breakfast

Croissants or boiled eggs

##### Lunch

Beef or vegan meatballs in tomato sauce, spaghetti, garlic bread and sweetcorn

Mexican stuffed peppers

Strawberry or vanilla ice cream

##### Supper

Baked potatoes, cheese, tuna, baked beans, salad

#### THURSDAY

##### Breakfast

Potato waffles, baked beans, mushrooms

##### Lunch

Shepherd's or vegan pie, carrots, peas and gravy

Pearl barley and roasted vegetable warm salad

Carrot cake

##### Supper

Macaroni cheese, garlic bread, peas

#### FRIDAY

##### Breakfast

Belgian waffles

##### Lunch

Chicken goujons or vegetable fingers, chips, baked beans or peas

Omelette

Chocolate muffin

## **Week Two Menu**

### **MONDAY**

#### **Breakfast**

N/A

#### **Lunch**

Chicken or vegetable supreme and rice

Baked potato, cheese or baked beans

Iced vanilla sponge cake

#### **Supper**

Tortellini pasta, tomato or cheese sauce, garlic bread and sweetcorn

### **TUESDAY**

#### **Breakfast**

Scrambled egg, hash browns, baked beans

#### **Lunch**

Steak or vegan pie, new potatoes, carrots, green beans

Pasta with tomato sauce and grated cheese

Ginger cake

#### **Supper**

Hot sausage or vegan roll, potato wedges and baked beans

### **WEDNESDAY**

#### **Breakfast**

Belgian waffles, maple syrup

#### **Lunch**

Lasagne – (meat or vegan), garlic bread and peas

5 bean chilli with rice

Jelly pots

#### **Supper**

Pork or Quorn stir fry and noodles

### **THURSDAY**

#### **Breakfast**

Chipolatas, hash browns, baked beans

#### **Lunch**

Roast chicken breast or vegan sausages, roast potatoes, broccoli, carrots and gravy

Selection of roasted vegetable tarts

Marble cake

#### **Supper**

Chilli con carne (or vegan chilli) with rice and tortilla chips, grated cheese and salad

### **FRIDAY**

#### **Breakfast**

Croissants or boiled eggs

#### **Lunch**

Fish or veggie fingers, chips, baked beans or sweetcorn

Omelette

Rocky Road

## **Week Three Menu**

### **MONDAY**

#### **Breakfast**

N/A

#### **Lunch**

Sweet and sour chicken with rice (or vegan option)

Pasta with tomato sauce

Butterscotch sponge cake

#### **Supper**

Baked potatoes, cheese, tuna, baked beans

### **TUESDAY**

#### **Breakfast**

Croissants or boiled eggs

#### **Lunch**

Cheese and tomato pizza (homemade), potato wedges, sweetcorn and baked beans

Spiced cauliflower and lentil warm salad

Homemade chocolate chip shortbread

#### **Supper**

Tuna or veggie bake with peas

### **WEDNESDAY**

#### **Breakfast**

Potato waffle, baked beans, mushrooms

#### **Lunch**

Spaghetti Bolognese, garlic bread, peas or salad (or vegan option)

Selection of roasted vegetable tarts

Ice cream

#### **Supper**

Chicken or Vegan goujons, chips, peas, baked beans

### **THURSDAY**

#### **Breakfast**

Scrambled eggs, hash browns, bacon

#### **Lunch**

Chicken and Vegetable pie, new potatoes, carrots and peas (or vegan pie)

Quiches

Homemade flapjacks

#### **Supper**

Chicken or vegan tikka masala with rice

### **FRIDAY**

#### **Breakfast**

Belgian waffles, maple syrup

Butcher's beef burgers, chips, beans/sweetcorn (or veggie burger)

Omelette

Homemade cookies

## **Week Four Menu**

### **MONDAY**

#### **Breakfast**

N/A

#### **Lunch**

Chilli con carne or veggie chilli, rice and peas

Baked potato, baked beans and cheese

Rice Krispie cake

#### **Supper**

Hot sausage or vegan roll, chips and baked beans

### **TUESDAY**

#### **Breakfast**

Scrambled eggs and grilled tomatoes

#### **Lunch**

BBQ Chicken or veggie sausages, potato wedges and sweetcorn

Veggie tarts

Jam and coconut sponge cake

#### **Supper**

Chicken or veggie tikka masala and rice

### **WEDNESDAY**

#### **Breakfast**

Bacon, hash browns, baked beans

#### **Lunch**

Penne pasta in creamy cheese sauce, garlic bread and peas

Chickpea and lentil warm salad

Jelly pots

#### **Supper**

Minute steak, fries, peas, grilled tomatoes

### **THURSDAY**

#### **Breakfast**

American pancakes and maple syrup

#### **Lunch**

Butcher's pork or veggie sausages, mash, carrots, peas

Mexican stuffed peppers

Marble cake

#### **Supper**

Chicken and red pepper fajitas, tortilla chips, salad

### **FRIDAY**

#### **Breakfast**

Belgian waffles

#### **Lunch**

Battered cod or veggie fingers, chips, baked beans, peas

Omelette

DH Brownie