



# Lunch Menus Term 3 & 4

## Grab & Go (available every day) Contains:

Ham, tuna or cheese sandwich.  
Vegetable crisps  
Fruit  
Jelly Pot (2,4,5,7,9,14)

## Always available:

Yoghurts (7)  
Fresh Bread (2,13)

Week 1 w/c Jan 3rd, Jan 22nd, Feb 19th, March 11th, April 15th, 6th May		Monday	Tuesday	Wednesday	Thursday	Friday
	Main	Toad in the hole (2,4,7) Mashed potato (7) Peas Gravy (2,13)	Pasta and meatballs (2,13) Salad Wholemeal crusty bread (2)	Roast chicken Roast potatoes, Yorkshire pudding (2,4,7) Carrots and Roast Parsnips Gravy (2,13)	Honey roast gammon and tomato Spaghetti (2) Garlic Bread (2,7) Carrot sticks	Fish cake (2.5.9) Chips Baked Beans
	Veggie	Vegetarian Toad in the hole (2,4,7) Mashed potato (7) Peas Gravy (2,13)	Roasted Vegetable Pasta (2) Salad Wholemeal crusty bread (2)	Quorn Roast (2) Roast potatoes, Yorkshire pudding (2,4,7) Carrots and Roast Parsnips Gravy (2,13)	Spaghetti with tomato and Basil sauce (2) Garlic Bread (2,7) Carrot sticks	Breaded vegetable Pattie (2,9) Chips Baked Beans
	Pudding	Apple & Pear crumble (2,7) Custard (7)	Banana mousse (7) or Cheese and biscuits (2,7)	Chocolate ice cream (7)	Mandarin and jelly	Strawberry flapjack (2,7)
Week 2 w/c Jan 8th, Jan 29th, Feb 26th, March 18th, April 22nd, May 13th		Monday	Tuesday	Wednesday	Thursday	Friday
	Main	Fish pie (2,5,7) Sweet corn and Crusty wholemeal Bread (2)	Creamy chicken casserole (2,7,13) Rice Green beans	Roast pork Roast potatoes Yorkshire pudding (2,4,7) Carrots and Cabbage Gravy (2,13)	Pasta Bolognese (2,7,13) Carrot sticks and Cucumber sticks Garlic bread (2,7)	Fish finger (2,5) Chips and Peas
	Veggie	Margarita pizza (2,7) Potato Waffle Sweetcorn	Quorn bites in Bbq sauce (2,9) Rice Green beans	Cauliflower Cheese (2,7,9) Roast potatoes Yorkshire pudding (2,4,7) Carrots and Cabbage Gravy (2,13)	Jacket Potatoes with Beans, Cheese (7) Tuna (2,4,5) Carrot sticks and cucumber	Quorn nuggets (2,4,7) Chips and Peas
	Pudding	Blueberry muffin (2,4,7)	Short bread and orange wedge (2,7)	Vanilla ice cream (7)	Pineapple upside down (2,4,7) and custard (7)	Victoria Sponge (2,4,7) or fruit salad
Week 3 w/c Jan 15th, Feb 5th, March 4th, March 25th, April 29th, May 20th		Monday	Tuesday	Wednesday	Thursday	Friday
	Main	Mini sausages in pasta (2,13) Wholemeal bread (2) Salad	Cottage pie (2,7,13) peas and mashed swede	Roast Gammon Yorkshire pudding (2,4,7) Roast potatoes Carrots and white cabbage Gravy (2,13)	Breaded chicken (2,7) Spaghetti (2) Sweetcorn	Fish cakes (2,5,9) Chips and Baked Beans
	Veggie	Veggie sausages in Pasta (2,13) Wholemeal bread (2) Salad	Cheese and tomato pizza (2,7) Potato wedges peas	Loaded bbq potato skins (7,9) Carrots and white cabbage	Spaghetti in tomato sauce (2) Sweetcorn Wholemeal crusty bread (2)	Quorn dippers (2,4) Chips and Baked Beans
	Pudding	Chocolate and vanilla Swiss roll (2,4,7)	Banana and custard (2)	Strawberry ice cream (7)	Peaches and Jelly	Iced sponge with sprinkles (2,4,7) or fruit salad

Numbers refer to the Food Standards Agency allergen code as follows: ([More details on school website](#))

1. Celery
2. Cereals Containing Gluten
3. Crustaceans

4. Eggs
5. Fish
6. Lupin

7. Milk
8. Molluscs
9. Mustard

10. Nuts
11. Peanuts
12. Sesame Seeds

13. Soya — Soya Oil used for fried items is Genetically modified
14. Sulphur Dioxide (Sulphites)