

Healthy choices week commencing:

08/11/10, 06/12/10, 10/01/11, 07/02/11, 14/03/11, 11/04/11

# week 1

## Monday

Hot Dog  
(V) Macaroni Cheese  
Apple Pie or Cherry Bakewell

## Tuesday

Roast Beef & Yorkshire Pudding  
(V) Veg Casserole & Yorkshire Pudding  
Rice Pudding or Jam Doughnut

## Wednesday

Chicken Korma  
(V) Veg Burger  
Fruit Sponge or Homemade Muffin

Roast Chicken & Yorkshire Pudding  
(V) Veg Meatballs in Tomato Sauce  
Cherry Crumble or Cheese & Biscuits

## Friday

Breaded Haddock  
(V) Vegetable Ravioli  
Chocolate Sponge & Custard or Flapjack

Also Available on a daily basis – Vegetables & potatoes to accompany the main and vegetarian meal choice, jacket potatoes with various hot and cold fillings, fresh fruit, yoghurt, salads, bread, bakery items

Grab and Go option which includes – sandwich, fruit, salad, yoghurt / fromage frais, bakery item.

Our menus meet the nutrient – based standards for school lunches

Healthy choices week commencing:  
15/11/10, 13/12/10, 17/01/11, 14/02/11, 21/03/11

## week 2

### Monday

Bolognaise Bake  
(V) Cheese & Tomato Pizza  
Apple Crumble or Jelly & Fruit

### Tuesday

Roast Turkey & Yorkshire Pudding  
(V) Veg cottage Pie  
Chocolate & Orange Roly Poly or Cookie

### Wednesday

Chicken & Veg Pie  
(V) Quorn Hot Dog  
Lemon Sponge or Homemade Muffin

Roast Pork & Yorkshire Pudding  
(V) Vegetable Quiche  
Jam Roly Poly or Strawberry Ice

### Friday

Fish Fingers  
(V) Baked Bean & Cheese Wrap  
Apple Sponge or Doughnut

Also Available on a daily basis – Vegetables & potatoes to accompany the main and vegetarian meal choice, jacket potatoes with various hot and cold fillings, fresh fruit, yoghurt, salads, bread, bakery items

Grab and Go option which includes – sandwich, fruit, salad, yoghurt / fromage frais, bakery item.

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Healthy choices week commencing:  
22/11/10, 20/12/10, 24/01/11, 28/02/11, 28/03/11

# week 3

## Monday

Chicken Tikka Masala  
(V) Cheese Omelette  
Jam Sponge or Cookie

## Tuesday

Sausage Roll  
(V) Pasta Bake  
Cherry Crumble or Jelly & Fruit

## Wednesday

Roast Beef & Yorkshire Pudding  
(V) Vegetarian Sausage roll  
Rice Pudding or Biscuit

## Thursday

Lasagne  
(V) Veggie Fingers  
Pineapple Upside Down or Cheese & Biscuits

## Friday

Salmon Fingers  
(V) Veg Lasagne  
Chocolate Sponge & Custard or Homemade Muffin

Also Available on a daily basis – Vegetables & potatoes to accompany the main and vegetarian meal choice, jacket potatoes with various hot and cold fillings, fresh fruit, yoghurt, salads, bread, bakery items

Grab and Go option which includes – sandwich, fruit, salad, yoghurt / fromage frais, bakery item.

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Healthy choices week commencing:  
29/11/10, 03/01/11, 31/01/11, 07/03/11, 04/04/11

# week 4

## Monday

Chicken Nuggets  
(V) Cheese Pasty  
Apple & Blackberry Pie or Cherry Bakewell

## Tuesday

Roast Chicken & Yorkshire Pudding  
(V) Veggie Pasta  
Oaty Red Cherry Crumble or Doughnut

## Wednesday

Mince & Veg Pie  
(V) Cheese & Tom Pizza  
Ice Cream or Cookie

Roast Beef & Yorkshire Pudding  
(V) Quorn Mince & Yorkshire Pudding  
Banana & Custard or Flapjack

## Friday

Cod Goujons  
(V) Quorn Sausage  
Chocolate Sponge or Muffin

Also Available on a daily basis – Vegetables & potatoes to accompany the main and vegetarian meal choice, jacket potatoes with various hot and cold fillings, fresh fruit, yoghurt, salads, bread, bakery items

Grab and Go option which includes – sandwich, fruit, salad, yoghurt / fromage frais, bakery item.

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