

Menu - Week 1

Name:	Amount enclosed: £
Class:	£2.30 per meal/day
Entitled to a free school meal:	Payment made for lunches on Squid
Please tick Main meal or Vegetarian meal choice. Pudding of the day is included	Please return by no later than 3pm Friday
Week Commencing: 2 nd Nov, 23 rd Nov & 14 th Dec	Kitchen Tel: 01905 758425

Monday	Tuesday	Wednesday	Thursday	Friday
Bangers and Mash Pork sausages served with a creamy potato and baked beans	Cottage Pie Minced Beef and vegetables cooked in a rich sauce topped with creamy mashed Potatoes and served with carrots and peas	Roast Chicken Tender sliced chicken served with a rich gravy, roast potatoes and winter vegetables	Beef Bolognaise Minced beef and vegetables cooked in a homemade tomato sauce served with fresh bread and sweetcorn	Cheese and tomato Pizza Wholemeal pizza base topped with tomato and cheese served with herby dice and peas
Veggie bangers and Mash Quorn sausages served with a creamy mash and baked beans	Potato and Leek Gratin Potatoes and leeks layered in a casserole and covered in a homemade cream sauce served with carrots and peas	Broccoli and Cauliflower Cheese Broccoli and Cauliflower baked in homemade cheddar cheese sauce, served with roast potatoes and winter vegetables	Quorn Bolognaise Quorn mince and mixed vegetables cooked in a homemade tomato sauce served with fresh bread and sweetcorn	Fishcakes Fishcakes served with homemade tomato ketchup, served with herby dice and peas
Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg
Jacket Potato and fillings	Jacket Potato and fillings	Jacket Potato and fillings	Jacket Potato and fillings	Jacket Potato and fillings
Winter Crumble and ice cream	Chocolate Sponge	Lemon Drizzle Cake	Banana and Custard	Flapjack

Please send back to school asap

RETURN THIS FORM NO LATER THAN 3PM ON MONDAY 12TH OCTOBER

Menu – Week 2

Name:	Amount enclosed: £
Class:	£2.30 per meal/day
Entitled to a free school meal: Please tick Main meal or Vegetarian meal choice. Pudding of the day is included	Payments made for lunches on Squid Please return by no later than 3pm Friday
Week Commencing: 9 th Nov and 30 th Nov	Kitchen Tel: 01905 758425

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken and Sweetcorn Pasta Diced chicken and sweetcorn cooked in a homemade tomato sauce served with pasta and garlic bread	Lamb Stew Slowly cooked lamb and vegetables in a rich sauce served with creamy mash potato and peas	Roast Beef with gravy and Yorkshire Pudding Tender slices of red tractor roast beef and served with a rich gravy ,Yorkshire pudding , roast potatoes, carrots and peas	Sausage Roll Sausage roll wrapped in puffed pastry served with spaghetti hoops and herby dice	Fish Fingers with Ketchup Sustainably sourced fish fingers with homemade tomato sauce, chips and sweetcorn
Winter Vegetable Pie Mixed winter vegetables in a rich gravy sauce topped with short crust pastry served with green beans	Cheese Omelette Freshly made omelette filled with cheese and served with creamy mash potato and peas	Roast Quorn Fillet Quorn fillet served with gravy, roast potatoes, carrots and peas	Cheese and Onion Puffs Cheese and onion wrapped in puff pastry served with spaghetti hoops and herby dice	Mexican Vegetable Pitta Roasted Vegetables in a tomato sauce served in a pitta with chips and sweetcorn
Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg	Sandwiches Cheese/Ham/Tuna Egg
Jacket potato and fillings	Jacket potato and fillings	Jacket potato and fillings	Jacket potato and fillings	Jacket potato and fillings
Golden Syrup Sponge with custard	Fresh Baked Muffins	Mousse	Cheesecake	Vanilla Shortbread

Please send back to school asap

RETURN THIS FORM NO LATER THAN 3PM ON MONDAY 12TH OCTOBER

Menu – Week 3

Name:	Amount enclosed: £
Class:	£2.30 per meal/day
Entitled to a free school meal:	Payment made for lunches on Squid
Please tick Main meal or Vegetarian meal choice. Pudding of the day is included	Please return by no later than 3pm Friday
Week Commencing: 16 th Nov and 7 th Dec	Kitchen Tel: 01905 758425

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken Korma Chicken pieces and vegetables cooked in a mild curry sauce, served with rice and naan bread</p>	<p>Beef Lasagne Minced Beef and seasonal vegetables cooked in a homemade tomato sauce, layered with lasagne sheets and topped with a creamy white sauce served with garlic bread</p>	<p>Roast Pork with Gravy Slices of roast pork served with gravy, roast potatoes, mashed swede and green beans</p>	<p>Minced beef and potato pie Minced beef and potatoes cooked in a homemade gravy sauce topped with puffed pastry and served with winter vegetables</p>	<p>Chicken Goujons Crispy chicken goujons served with wedges and baked beans</p>
<p>Veggie Chilli Mixed vegetables cooked in a chilli tomato sauce served with rice and naan bread</p>	<p>Vegetable Chow Mein Fresh vegetables stir fried with noodles in a chow mein sauce served with garlic bread</p>	<p>Cheese and Potato Pie Mashed potatoes and cheese mixed and then cooked in the oven and served with green beans and mashed swede</p>	<p>Three Cheese Pasta A rich creamy cheese sauce poured over Fresh pasta served with winter vegetables</p>	<p>Veggie Burger Mixed vegetables breaded served with homemade tomato sauce, wedges and baked beans</p>
<p>Sandwiches Cheese/Ham/Tuna Egg</p>	<p>Sandwiches Cheese/Ham/Tuna Egg</p>	<p>Sandwiches Cheese/Ham/Tuna Egg</p>	<p>Sandwiches Cheese/Ham/Tuna Egg</p>	<p>Sandwiches Cheese/Ham/Tuna Egg</p>
<p>Jacket potato and fillings</p>	<p>Jacket potato and fillings</p>	<p>Jacket potato and fillings</p>	<p>Jacket potato and fillings</p>	<p>Jacket potato and fillings</p>
<p>Cookies</p>	<p>Rice Pudding</p>	<p>Bakewell Tart</p>	<p>Apple pie and custard</p>	<p>Jelly</p>

Please send back to school asap

RETURN THIS FORM NO LATER THAN 3PM ON MONDAY 12TH OCTOBER