

YOUR NEW MIDDLE SCHOOL MENU...

WEEK 1

31st Oct, 21st Nov, 12th Dec, 16th Jan, 6th Feb, 6th Mar, 27th Mar

MONDAY

Main dishes...

Our Amazing Traditional Lasagne
Baked Layers of Savoury Beef & Pasta

Tomato Neapolitan Pasta**
Pasta served with a Neapolitan Sauce

Vegetables...

Fresh Carrots, Broccoli

Desserts...

Giant Oaty Cookie with Fresh Pineapple Wedge*, Cooks Homemade Traybake

TUESDAY

Main dishes...

Burger in a Bun
Turkey Burger in a Fresh Bun with Baked Wedges

Super Cheesy Mediterranean Tart
Cheese & Onion Tart with Baked Wedges

Vegetables...

Peas, Fresh Cauliflower

Desserts...

Banana Bread Pudding* with Custard, Cooks Homemade Traybake

WEDNESDAY

Main dishes...

Roast Pork
with Creamy Mashed Spuds & Gravy

Quorn Roast
with Creamy Mashed Spuds & Gravy

Vegetables...

Sweetcorn, Seasonal Green Cabbage

Desserts...

Chocolatey Cake with Mandarins* with Chocolate Sauce, Cooks Homemade Traybake

THURSDAY

Main dishes...

Chinese Chicken Noodles
Chinese Chicken with Noodles

Sweet Potato & Veggie Balti
with Basmati Rice

Vegetables...

Green Beans, Roasted Fresh Root Vegetables

Desserts...

Fruity Sultana* Flapjack with Custard, Cooks Homemade Traybake

FRIDAY

Main dishes...

Fish Fingers with Chips
Golden Cod Fillet Fish Fingers & Chips

Cheesy Leek Sausages
with chips

Vegetables...

Baked Beans, Fresh Carrots, Peas

Desserts...

Apple and Courgette Cinnamon Muffin*, Cooks Homemade Traybake

WEEK 2

W/C 7th Nov, 28th Nov, 2nd Jan, 23rd Jan, 13th Feb, 13th Mar, 3rd Apr

MONDAY

Main dishes...

Italian Inspired Mince Pie
Tender Braised Minced Lamb with Garlic Bread

Fab Italian Style Omelette
Vegetable Frittata with Garlic Bread

Vegetables...

Fresh Swede, Roast Seasonal Fresh Vegetables

Desserts...

Chocolate Marble Cake with Warm Berry Compote*, Cooks Homemade Traybake

TUESDAY

Main dishes...

Meatball Pasta Bake**
Turkey Meatballs in a Tomato Sauce with Wholemeal Pasta**

Our Famous Mac 'N' Cheese Bake
Macaroni Cheese

Vegetables...

Peas, Fresh Carrots

Desserts...

Fruit Strudel* with Custard, Cooks Homemade Traybake

WEDNESDAY

Main dishes...

Honey Roast Gammon
with Creamy Mashed Spuds with Gravy

Cauli Corn Bake
Cauliflower & Creamed Corn Bake with Creamy Mashed Spuds

Vegetables...

Fresh Swede, Broccoli

Desserts...

Chocolate Oaty Cookie* with Fruit Slices, Cooks Homemade Traybake

THURSDAY

Main dishes...

Creamy Chicken Korma
Mild Chicken Curry with Basmati Rice

Mexican Sizzling Bean Fajitas
Mexican Beans with Peppers & Onions in a Flour Tortilla

Vegetables...

Sweetcorn, Fresh Cabbage

Desserts...

Wholemeal Orange Triangles*, Cooks Homemade Traybake

FRIDAY

Main dishes...

Fish Goujons
Golden Salmon Goujons & Chips

The Very Veggie Burger
Vegetarian Burger & Chips

Vegetables...

Fresh Carrots, Peas & Beans

Desserts...

Fruity Sponge Cake* with Custard, Cooks Homemade Traybake

WEEK 3

W/C 14th Nov, 5th Dec 9th Jan, 30th Jan, 27th Feb, 20th Mar

MONDAY

Main dishes...

Italian Chicken in Tomato Sauce
with Half Jacket Potato

Very Veggie Bolognese**
Vegetarian Bolognese with Pasta

Vegetables...

Roasted Seasonal Fresh Vegetables, Peas

Desserts...

Apple Cake with Custard*, Cooks Homemade Traybake

TUESDAY

Main dishes...

Bangers with Mash
Pork Sausages with Creamy Mash & Gravy

BBQ Bean Wrap
Healthy Vegetables & Beans Wrapped in a Tortilla

Vegetables...

Fresh Carrots, Sweetcorn

Desserts...

Oatie Fruit Crumble* with Custard, Cooks Homemade Traybake

WEDNESDAY

Main dishes...

Roast Turkey
with Crispy Spuds & Gravy

Cheese and Onion Roly Poly
Suet Pastry Roll with Cheese, Spinach & Onion & Crispy Spuds

Vegetables...

Fresh Cabbage, Fresh Cauliflower

Desserts...

Banana & Sticky Toffee Pudding*, Cooks Homemade Traybake

THURSDAY

Main dishes...

Super Mexican Chilli Beef
Mild Mexican Chilli with Rice

Chinese Stir Fry
with Noodles Quorn Chow Mein

Vegetables...

Fresh Swede, Broccoli

Desserts...

California Fruity Rice Pudding* & Custard, Cooks Homemade Traybake

FRIDAY

Main dishes...

Crispy Fish & Chips
Crispy Battered Pollock with Chips

Cheesy Bread Whirl
Cheese, Onion & Potato Herby Bread Whirl with Chips

Vegetables...

Baked Beans, Fresh Carrots, Peas

Desserts...

Chocolate Orange Crispy Bar*, Cooks Homemade Traybake

Homemade Bread, Cool Water, Fruit Juice, Organic Milk, Fresh Fruit or Yoghurt served daily
Pasta King, Baked Potatoes, Grab & Go Items also available daily. *Fruit Based **Wholegrain