

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

£2.20

Wk beginning: 4/9/18 24/9/18

Wk beginning: 10/9/18 1/10/18

Wk beginning: 17/9/18 8/10/18

DAILY FOR ALL.....

- ◆ Fresh bread basket
- ◆ Organic milk
- ◆ Fresh fruit
- ◆ Salad bar
- ◆ yoghurt

AVAILABLE DAILY

Hot jacket potato or roll option with a CHOICE of fillings plus....

- ◆ Munch on crunchy salad
- ◆ Or add hot vegetables
- ◆ Choose the dessert of the day
- ◆ Top up on fresh fruit
- ◆ Enjoy a tasty yoghurt



AVAILABLE DAILY

Packed lunch option with a CHOICE of fillings plus.....

- ◆ Munch on crunchy salad
- ◆ Top up on fresh fruit
- ◆ Grab some raisins
- ◆ Add a healthy treat
- ◆ Enjoy a tasty yoghurt

Chicken creamy curry
 V- cherry tomato quiche
 Basmati rice
 Cauliflower & sweetcorn
 Oaty raisin cookie

Home-made cowboy casserole
 V-Quorn sausage casserole
 Mash potatoes
 Green beans & carrots
 Lemon drizzle cake

Chicken fingers
 V- Quorn sweet & sour
 Savoury rice
 Sweetcorn and broccoli
 Strawberry mousse

Roast turkey
 V- Cheese and potato pie
 Roast potatoes
 Carrots
 Savoy cabbage
 Sprinkle cake & Fruit

MSC fish fingers
 V- vegetable nuggets
 Chips
 Beans & peas
 Ice cream roll and fruity sauce

Cottage pie
 V- vegetable pie
 Cauliflower & carrots
 Pineapple upside down cake
 cake

Margarita pizza
 V- cheese and tomato pizza
 Savoury rice
 Peas & sweetcorn
 Fruity
 jelly & ice cream

Lasagne
 V-veggie burger
 Garlic bread
 Broccoli & carrots
 Mango and orange
 Smoothie

Roast gammon
 V- Bean burritos
 Roast potatoes
 Cauliflower & Sweetcorn
 Apple crumble
 Custard

Battered fillet of fish
 V- creamy mushroom & Quorn pasta
 Chips
 Peas & carrots
 Cherry
 Fruit muffin

Hand-made Chicken pie
 V- Cheese wheels
 Mash potatoes
 Sweetcorn & carrots
 Chocolate cake

Sausage in a Hand-made bun
 V-Quorn sausage in a bun
 Herby wedges
 Peas & Beans
 Strawberry jelly

Spaghetti bolognese
 V-five bean stew
 Savoury rice
 Sweetcorn & cabbage
 Cookie

Devonshire roast
 Beef with gravy
 V- Quorn sausage
 Oven roast potatoes
 Broccoli & carrots
 Apple sponge
 pudding

MSC fishcakes
 V- vegetable nuggets
 Chips
 Peas & sweetcorn
 Sprinkle cake