

VEGPOWER

Don't forget copies of the vegpower reward chart are available from your school cooks or visit vegpower.org.uk for great tips from the experts and simple recipes from top chefs.



Our dishes are **FRESHLY PREPARED** using seasonal and including local produce

VARIETY OF BREADS BAKED DAILY BY OUR EXPERIENCED SCHOOL CHEFS

Stay hydrated!
Fresh drinking water always available

FRESH FRUIT & Yogurt
available daily!

OUR MENUS MEET ALL THE GOVERNMENT FOOD BASED STANDARDS.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1 21st Oct, 11th Nov, 2nd Dec, 6th Jan, 27th Jan, 24th Feb, 16th Mar, 20th Apr, 11th May, 8th Jun, 29th Jun

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| MEAT OPTION | Stuffed Crust* Margherita Pizza Pasta Shapes Sweetcorn Creamy Coleslaw | Brunch Lunch: Farm Assured Back Bacon Scrambled Egg Grilled Tomato Potato Rosti & Baked Beans | Roast Turkey with Sage & Onion Stuffing & Roast Gravy Creamy Mash Medley of Seasonal Vegetables | Organic Meatballs served with Homemade Tomato & Vegetable Sauce Multi Grain Savoury Rice Carrot Batons & Broccoli Florets | Battered Fish Fillet (sustainably caught MSC) served with Lemon Wedge Chips, Baked Beans Salad Bar Selection |
| VEGE OPTION | Stuffed Crust* Roasted Vegetable Pizza Half Jacket Sweetcorn Creamy Coleslaw | Mild Quorn Keema Curry Vegetable Rice Peas Vegetable Crudite | Traditional Cheese Flan Potatoes in their Skins Medley of Seasonal Vegetables | Courgette Sausages Pasta Shapes Carrot Batons Broccoli Florets | Oven Baked Quorn Dippers Half Jacket Mushy Peas Salad Bar Selection |
| LIGHT BITES | Jacket Potato served with Vegetarian Mild Chilli Salad Bar Selection | Creamy Mushroom Pasta Bake Salad Bar Selection | Jacket Potato served with Baked Beans & Fruity Coleslaw Salad Bar Selection | Chicken Biryani Pockets Salad Bar Selection | Jacket Potato served with Tuna & Sweetcorn Mayonnaise Salad Bar Selection |
| DESSERTS | Granola & Yoghurt Fruit Sundae or Bramley Apple Puff | Forest Berry Sponge served with Custard Sauce or Cherry Scone | Strawberry Jelly & Cream or Passion Cake | Vanilla & Lemon Yoghurt Cake or Rice Pudding served with Fruit Couli | Chocolate Ice Cream with Fruit Couli or Cheese & Biscuits |

WEEK 2 28th Oct, 18th Nov, 9th Dec, 13th Jan, 3rd Feb, 2nd Mar, 23rd Mar, 27th Apr, 18th May, 15th Jun, 6th Jul

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| MEAT OPTION | Hearty Cowboy Casserole Potatoes in the Skins Cauliflower & Broccoli Florets | Vegetarian En croute Minted Potatoes Carrot & Swede Mash Garden Peas Gravy | Farm Assured Roast Loin of Pork with Apple Sauce & Roast Gravy Roast Potatoes, Creamy Mash Seasonal Medley of Vegetables | Stuffed Crust* Roasted Pepper & Sweetcorn Pizza Tomato Pasta Vegetable Crudite Sweetcorn | Fish Burger in a Bun served with Crunchy Lettuce and Tartare Sauce Chips, Baked Beans Salad Bar Selection |
| VEGE OPTION | Quorn Sweet Chilli Pasta Shapes Salad Bar Selection | Chick Pea & Spinach Curry Savoury Rice Garden Peas Salad Bar Selection | Vegetarian Shepherds' Pie served with Roast Gravy Roast Potatoes Seasonal Medley of Vegetables | Spicy Bean & Lentil Loaf Vegetable Cous Cous Vegetable Crudite Sweetcorn | Vegetarian Bean Burger in a Bun with Crunchy Lettuce & Tomato Sauce Half Jacket, Peas Salad Bar Selection |
| LIGHT BITES | Jacket Potato served with Baked Beans & Creamy Coleslaw Salad Bar Selection | Cheese, Onion & Potato Cake served with Fresh Tomato Sauce Salad Bar Selection | Jacket Potato with Vegetarian Bolognese topping Salad Bar Selection | BBQ Chicken Wrap served with Tomato Salsa Salad Bar Selection | Macaroni Cheese Peas Salad Bar Selection |
| DESSERTS | Orange & Cinnamon Roll or Lemon Drizzle Cake | Cherry Shortcake or Strawberry Whip | Seasonal Fruit Crumble served with Custard Sauce or Chocolate Devonshire Splits | Cream Meringues or Carrot Cake | Vanilla Ice cream & Fruit Couli or Fresh Fruit Platter |

WEEK 3 4th Nov, 25th Nov, 16th Dec, 20th Jan, 10th Feb, 9th Mar, 30th Mar, 4th May, 1st Jun, 22nd Jun, 13th Jul

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| MEAT OPTION | Organic Pork & Vegetable Pastie Minted Potatoes Broccoli & Cauliflower Florets | Organic Beef Bolognese Spaghetti Peas Vegetable Crudite | Roasted Farm Assured Chicken Roulade filled with Spinach & Cheese served with Fresh Tomato Sauce Parsley Potatoes, Carrot Batons Savoy Cabbage | Farm Assured British Pork Sausages with Gravy Creamy Potato & Parsnip Mash Green Beans Sweetcorn | Cod or Salmon Fish Fingers (sustainably sourced) served with Tomato Sauce Chips, Peas Salad Bar Selection |
| VEGE OPTION | Quorn Tikka Masala Pilau Rice Salad Bar Selection | Vegetarian Pinwheels Half Jacket Peas Vegetable Crudite | Stuffed Crust* Margherita Pizza Herby Jacket Wedges Carrot Batons Salad Bar Selection | Vegetarian Bites served in Pitta with Crunchy Salad & Relish Bombay Potatoes Sweetcorn Salad Bar Selection | Vegetable Fingers served with Tomato Sauce Half Jacket Baked Beans Salad Bar Selection |
| LIGHT BITES | Roasted Vegetable Fajita Wrap Salad Bar Selection | Jacket Potato served with Chicken Mayonnaise Salad Bar Selection | Tuna Pasta Bake Salad Bar Selection | Jacket Potato with Cheese & Creamy Coleslaw Salad Bar Selection | Falafel served in Pitta with a Crunchy Salad and Mint Raita Salad Bar Selection |
| DESSERTS | Courgette & Lime Cake or Butterscotch Whip | Chocolate & Pear Sponge with Chocolate Sauce or Date Slice | Strawberry Jelly with Fresh Fruit or Banana Flapjack | Bramley Apple Oaty Crumble served with Custard Sauce or Vanilla Ice Cream with Fruit Couli | Cheese & Biscuits or Chocolate & Beetroot Slice |

* 'stuffed crust' denotes that all pizza bases contain added grated vegetables