


















WEEK 3 <small>W/C: 16/11 07/12 11/01 01/02 01/03 22/03</small>	
HOT SPECIALS...	DAILY FAVES...
<b>MONDAY</b> <b>Quorn Bolognese</b>   Penne pasta in a yummy tomato & Quorn Sauce ..... <b>Butternut Squash &amp; Tomato Bake</b>   Cheesy vegetable bake with a crunchy topping	<b>SIDES...</b> <b>Sweetcorn and Broccoli</b>  <b>PICK A PUD!</b> <b>Raspberry Yoghurt Cake</b>
<b>TUESDAY</b> <b>Sausage and Mash with Gravy</b> Traditional pork sausage and mash with rich gravy ..... <b>Veggie Sausage and Mash with Gravy</b>   Fluffy mash with veggie sausages and rich gravy	<b>SIDES...</b> <b>Peas and Carrots</b>  <b>PICK A PUD!</b> <b>Peach Shortbread Pudding with Custard</b> 
<b>WEDNESDAY</b> <b>Prime Roast Beef with Roast Potatoes &amp; Gravy</b> Prime roast beef with fluffy roasties and tasty gravy ..... <b>Quorn Roast</b>   With roast potatoes and gravy	<b>SIDES...</b> <b>Carrots and Cabbage</b>  <b>PICK A PUD!</b> <b>Flapjack with Fresh Cut Fruit Slices</b> 
<b>THURSDAY</b> <b>Chicken Korma &amp; Rice</b> Mild & creamy chicken curry ..... <b>Chinese Veggie Noodles</b>   Egg noodles with stir fried vegetables	<b>SIDES...</b> <b>Sweetcorn and Broccoli</b>  <b>PICK A PUD!</b> <b>Chocolate Apricot Brownie</b>
<b>FRIDAY</b> <b>Golden Fish Fingers and Chips</b> Crispy fish fingers and scrummy chips ..... <b>Meat-free Dippers with Chips</b>   Crispy Quorn dippers with their fave sauce - ketchup	<b>SIDES...</b> <b>Baked Beans and Peas</b>  <b>PICK A PUD!</b> <b>Vanilla Ice Cream</b>
<b>PACKED LUNCH...</b>  available daily	
<b>Ham or Cheese Sandwich or Daily Special</b> with Veg Sticks and Fresh Fruit or Bear Yo Yo or Dessert of the Day 	
	



# Food Super Heroes Menu

YOUR FAVOURITES available every day

OUR NEW MENU! chosen by our parents and children

**£2.34**

**THREE WEEK MENU**  
AUTUMN/WINTER 2020



## HOT SPECIALS...

**Vege Balls in Tomato Sauce**  
V With Pasta

**Burrito** V  
A soft wrap filled with lightly spiced veggies and rice

**Cottage Pie**  
Home cooked minced beef and onions with a crispy potato topping

**Macaroni Cheese** V  
Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce

**Roast Chicken with Roast Potatoes & Gravy**  
Succulent roast chicken with fluffy roasties and tasty gravy

**Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy** V  
A chunky sweet potato and chickpea roast

**All Day Breakfast**

**Meat Free All Day Breakfast** V

**Golden Fish Fingers and Chips**  
Crispy fish fingers with scrummy chips

**Meat-free Nuggets and Chips** V  
Crispy Quorn nuggets with their fave sauce - ketchup

## DAILY FAVES...

**Packed Lunch**  
See below for details

**Jacket Potato** V  
with a choice of fillings

**Tomato Pasta** V  
Fresh, homemade tomato and basil sauce with penne pasta

**Packed Lunch**  
See below for details

**Jacket Potato** V  
with a choice of fillings including salmon mayo

**Tomato Pasta** V  
Fresh, homemade tomato and basil sauce with penne pasta

**Packed Lunch**  
See below for details

**Jacket Potato** V  
with a choice of fillings

**Tomato Pasta** V  
Fresh, homemade tomato and basil sauce with penne pasta

**Packed Lunch**  
See below for details

**Jacket Potato** V  
with a choice of fillings

**Tomato Pasta** V  
Fresh, homemade tomato and basil sauce with penne pasta

**Packed Lunch**  
See below for details

**Jacket Potato** V  
with a choice of fillings

**Tomato Pasta** V  
Fresh, homemade tomato and basil sauce with penne pasta

## WEEK 1

W/C: 02/11 23/11 14/12  
18/01 08/02 08/03 29/03

### SIDES...

**Green Beans and Sweetcorn**

**Peas and Broccoli**

**Carrots and Cabbage**

**Baked Beans and Mushrooms & Tomatoes**

**Sweetcorn and Peas**

### PICK A PUD!

**Brownie**

**Oatie Cookie with fruit slices**

**Vanilla Ice Cream**

**Apple and Berry Crumble**

**Orange Shortbread**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## HOT SPECIALS...

**Macaroni Cheese** V

**Quorn Bolognese** V  
Penne pasta in a yummy tomato and Quorn sauce

**Chicken Tikka Masala with Rice**  
Succulent chicken in a mild creamy sauce

**Mild Chickpea and Potato Curry** V  
With Rice

**Roast Gammon**  
Tender roast gammon with fluffy roasties and tasty gravy

**Country Vegetable Pie with Roast Potatoes and Gravy** V  
Creamy vegetable pie with a shortcrust topper

**Lasagne with a Garlic & Herb Bread Wedge**  
A classic Italian beef lasagne in a yummy tomato sauce

**Vege Balls in Tomato Sauce with Pasta** V  
Vege balls in a tomato sauce with pasta

**Southern Fried Chicken Tasters with Chips**  
Lightly seasoned crispy chicken strips and scrummy chips

**Meat-free Taco and Chips** V  
A soft taco shell filled with a yummy veggie tomato chilli

## DAILY FAVES...

**Packed Lunch**  
See below for details

**Jacket Potato** V  
with a choice of fillings

**Tomato Pasta** V  
Fresh, homemade tomato and basil sauce with penne pasta

**Packed Lunch**  
See below for details

**Jacket Potato** V  
with a choice of fillings

**Tomato Pasta** V  
Fresh, homemade tomato and basil sauce with penne pasta

**Packed Lunch**  
See below for details

**Jacket Potato** V  
with a choice of fillings

**Tomato Pasta** V  
Fresh, homemade tomato and basil sauce with penne pasta

**Packed Lunch**  
See below for details

**Jacket Potato** V  
with a choice of fillings

**Tomato Pasta** V  
Fresh, homemade tomato and basil sauce with penne pasta

**Packed Lunch**  
See below for details

**Jacket Potato** V  
with a choice of fillings

**Tomato Pasta** V  
Fresh, homemade tomato and basil sauce with penne pasta

## WEEK 2

W/C: 09/11 30/11 04/01  
25/01 22/02 15/03

### SIDES...

**Sweetcorn and Broccoli & Cauliflower**

**Green Beans and Sweetcorn**

**Cabbage and Carrots**

**Sweetcorn and Broccoli**

**Peas and Baked Beans**

### PICK A PUD!

**Creamy Peach Rice Pudding**

**Raspberry Ripple Cake**

**Strawberry Ice Cream**

**Chocolate Cake**

**Oatie Biscuit with Fresh Cut Fruit Slices**

**PACKED LUNCH...**  
available daily

**Ham or Cheese Sandwich or Daily Special**  
with Veg Sticks and Fresh Fruit or Bear Yo Yo or Dessert of the Day

V Vegetarian Oily fish  
Wholegrain Fruity!

Water, salad,  
freshly baked bread,  
yoghurt & fresh fruit

Available  
every day!

