

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Lamb Lasagne Wedges Sweetcorn	 Chicken Korma Rice Diced Potatoes Mixed Veg	Roast Pork Loin & Gravy Roast Potatoes Broccoli Garlic Bread	 Shepherds Pie Herb Diced Potato Peas	Oven Baked Fish Fingers Chips Beans
Quorn Goujons in a Wrap (V) Wedges Sweetcorn	 Salmon Fishcake (V) Rice Diced Potatoes Mixed Veg	 Italian Bean Bake (V) Roast Potatoes Broccoli Garlic Bread	Cheese & Tomato Pizza (V) Herb Diced Potato Peas	 Vegetable Packed Lasagne (V) Chips Beans
 Jacket Potato with Tuna Mayo	 Jacket Potato with Beans	 Jacket Potato with Tuna Mayo	 Jacket Potato with Cheese	
 Chocolate & Pear Sponge with Custard Yoghurt Fruit	Biscuit Yoghurt Fruit	 Mandarin Sponge & Custard Yoghurt Fruit	 Chocolate Beet Cake with Chocolate Sauce Yoghurt Fruit	Strawberry & Vanilla Mousse Yoghurt Fruit

Week Commencing: 5th Sept 22, 26th Sept 22, 17th Oct 22, 14th Nov 22, 5th Dec 22, 9th Jan 23, 30th Jan 23, 27th Feb 23, 20th Mar 23, 24th Apr 23, 15th May 23, 12th June 23 & 3rd July 23



Denotes freshly prepared dishes.

Menus may change to meet customers' preferences, a promotional event and seasonal variation.

A range of locally sourced products are used when available and seafood with this mark comes from an MSC certified sustainable fishery. www.msc.org

Allergies - please contact your school cook for more information about the content of menu items.

MSC-C-54995



Cook Serve

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Beef Bolognese Pasta Mash Carrots Garlic Bread	Oven Baked Sausages Wedges Peas & Sweetcorn	Roast Chicken and Gravy Roast Potatoes Green Beans	 Beef Chilli Rice Sweetcorn	Jumbo Fish Fingers Chips Beans
Fish Fingers Pasta Mash Carrots Garlic Bread	Vegetarian Sausages (V) Wedges Peas & Sweetcorn	 Quorn Roast V Roast Potatoes Green Beans	 Vegetable Chilli (V) Rice Sweetcorn	Vegetable Nuggets (V) Chips Beans
 Jacket Potato with Beans & Cheese	 Jacket Potato with Tuna Mayo	 Jacket Potato with Beans	 Jacket Potato with Tuna Mayo	
Pancakes with Summer Fruit Yoghurt Fruit	Mango & Orange Smoothie Yoghurt Fruit	Chocolate Cookie Yoghurt fruit	 Chocolate Fairy Cake & Custard Yoghurt Fruit	Vanilla & Chocolate Mousse Yoghurt Fruit

Week Commencing: 12th Sept 22, 3rd Oct 22, 31st Oct 22, 21st Nov 22, 12th Dec 22, 16th Jan 23,
6th Feb 23, 6th Mar 23, 27th Mar 23, 1st May 23, 22nd May 23, 19th June 23 & 10th July 23



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Cook Serve

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham Pizza Wedges Peas	 Chicken Tikka Curry Rice Sweetcorn Garlic Bread	 Roast Beef & Gravy Roast Potatoes Broccoli	Sausages Mash Carrots	Battered Fish Chips Beans
Quorn Dippers (V) Wedges Peas	 Tomato & Basil Pasta (V) Rice Sweetcorn Garlic Bread	Quorn fillet (V) Roast Potatoes Broccoli	Vegetarian Sausages (V) Mash Carrots	 Spanish Omelette (V) Chips Beans
 Jacket Potato with Beans & Cheese	 Jacket Potato with Tuna Mayo	 Jacket Potato with Cheese	 Jacket Potato with Tuna Mayo	
Biscuit Yoghurt Fruit	Strawberry Fruit Smoothie Yoghurt Fruit	 Apple Sponge & Custard Yoghurt Fruit	 Peach Sponge & Custard Yoghurt Fruit	Fruit Jelly Yoghurt Fruit

Week Commencing: 19th Sept 22, 10th Oct 22, 7th Nov 22, 28th Nov 22, 2nd Jan 23, 23rd Jan 23, 13th Feb 23, 13th Mar 23, 17th Apr 23, 8th May 23, 5th June 23, 26th June 23 & 17th July 23



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