FOOD TO FLOURISH

SOME ORGANIC

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	**CHOOSE FROM** * Chicken fillet in a bap with diced potatoes (V) Roasted vegetable pasta with garlic bread finger **VEGETABLE OF THE DAY** Served with garden peas and sweetcorn **TO FINISH** Ice cream, fruit smoothie or apple lolly	**CHOOSE FROM** Sausage roll with choice of potato (V) Vegetarian cottage pie **VEGETABLE OF THE DAY** Served with green beans, diced carrot and gravy **TO FINISH** Apple shortbread sandwich	**CHOOSE FROM** Chicken Korma with brown and white rice and Naan style bread (V) Margherita pizza with diced potatoes or wedges **VEGETABLE OF THE DAY** Served with broccoli or coleslaw **TO FINISH** Seasonal fresh fruit medley	**CHOOSE FROM** Pasta Bolognaise (V) Vegetarian sausages with mashed potato and gravy **VEGETABLE OF THE DAY** Served with a medley of green vegetables **TO FINISH** Mini muffin	**CHOOSE FROM** Baked fish finger pocket with tomato sauce (V) Cheese, red onion and tomato pasty **VEGETABLE OF THE DAY** Served with chips, garden peas or baked beans **TO FINISH** Lemon crunch biscuit
WEEK 2	**CHOOSE FROM** * BBQ chicken fillet (V) Mixed vegetable wrap with tomato salad **VEGETABLE OF THE DAY** Served with diced potatoes and broccoli **TO FINISH** Ice cream, fruit smoothie or apple lolly	**CHOOSE FROM** Roast beef, Yorkshire pudding, roast potatoes and gravy (V) Summer vegetable bake **VEGETABLE OF THE DAY** Served with green beans and carrots **TO FINISH** A choice of cold desserts	**CHOOSE FROM** (V) Quorn chilli with brown and white rice (V) Margherita pizza with diced potatoes or wedges **VEGETABLE OF THE DAY** Served with broccoli or coleslaw **TO FINISH** Seasonal fresh fruit medley	**CHOOSE FROM** Pork grill, mashed potato and gravy (V) Macaroni cheese using Somerset cheddar and garlic bread finger **VEGETABLE OF THE DAY** Served with green beans or mixed salad **TO FINISH** Carrot cake	**CHOOSE FROM** Battered fish goujons, chips and tomato sauce (V) Vegetable curry, brown and white rice and Naan style bread **VEGETABLE OF THE DAY** Served with garden peas or baked beans **TO FINISH** Love cake
WEEK 3	**CHOOSE FROM** Pork sausages with mashed potato and gravy (V) Vegetable swirl **VEGETABLE OF THE DAY** Served with broccoli or baked beans **TO FINISH** Ice cream, fruit smoothie or apple lolly	**CHOOSE FROM** * Roast chicken (V) Quorn grill **VEGETABLE OF THE DAY** Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots **TO FINISH** Fruity summer sponge	**CHOOSE FROM** * Bubble salmon (V) Margherita pizza **VEGETABLE OF THE DAY** Served with diced potatoes or wedges, coleslaw and garden peas **TO FINISH** Seasonal fresh fruit medley	**CHOOSE FROM** BBQ beef lattice with potato wedges (V) Tomato pasta with garlic bread finger **VEGETABLE OF THE DAY** Served with green beans and sweetcorn **TO FINISH** Marble shortbread	**CHOOSE FROM** Baked fish fingers with tomato sauce (V) Quorn nuggets with tomato sauce **VEGETABLE OF THE DAY** Served with chips and garden peas **TO FINISH** Cheddar cheese and crackers

A selection of alternative desserts; Banana, apple, orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice are available daily

Extra freshly baked bread plus salad available daily

UNDER 100 CALORIES
If your child gets hungry mid-morning, ask your school about our tuck shop

(V) Vegetarian * Gold award winner Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets * Green Gourmet's award-winning Red Tractor chicken breast fillet – Winner of the Queen's Award for Enterprise: Innovation 2017

CALENDAR

APRIL 2019

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY 2019

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE 2019

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY 2019

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2019

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER 2019

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

ASK YOUR SCHOOL ABOUT JACKET POTATO MENU CHOICES

All menu items are subject to change, based upon availability in the event of unforeseen circumstances.