

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.

EAT THEM TO DEFEAT THEM



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 Pork 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 Crudités | 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 |
| DESSERTS | Bramley Apple Puff | Forest Berry Sponge served with Custard Sauce | Strawberry Jelly & Cream | Vanilla & Lemon Yoghurt Cake | Chocolate Ice Cream with Fruit Couli |

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 | Roast Gammon Potatoes in the Skins Cauliflower & Broccoli Florets | Chicken Pie Minted Potatoes Carrots & Swede 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 Crudités 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 Carrot & Swede Mash Garden Peas | Vegetarian Shepherds' Pie served with Roast Gravy Roast Potatoes Seasonal Medley of Vegetables | Spicy Bean & Lentil Loaf Vegetable Cous Cous Vegetable Crudités Sweetcorn | Vegetarian Bean Burger in a Bun with Crunchy Lettuce & Tomato Sauce Half Jacket, Peas Salad Bar Selection |
| DESSERTS | Lemon Drizzle Cake | Strawberry Whip | Apple Crumble | Carrot Cake | Vanilla Ice cream & Fruit Couli |

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 Pasty Minted Potatoes Broccoli & Cauliflower Florets | Organic Beef Bolognese Spaghetti Peas Vegetable Crudités | Roasted Farm Assured Chicken Roulade filled with Spinach & Cheese served with Fresh Tomato Sauce Parsley Potatoes, Carrot Batons | 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 Crudités | 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 |
| DESSERTS | Butterscotch Whip | Chocolate & Pear Sponge with Chocolate Sauce | Banana Flapjack | Bramley Apple Oaty Crumble served with Custard Sauce | Chocolate Slice |

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