

Lunch Menu Autumn Winter 2019/20

Week One

W/C: 02/09/19, 07/10/19, 11/11/19, 16/12/19, 20/01/20

Meat Free Monday

- V Cheese & Tomato Pizza
- Vg Vegetable Nuggets
- Sweetcorn & Peas
- Vg (GF) Hash Browns
- Mixed Fresh Melon

Tuesday

- (GF) Fajita Chicken
- Vg (GF) Vegetable & Chick Pea Curry
- Vg (GF) Rice
- Sliced Carrots & Broccoli
- V Flour tortilla wrap
- V Cheese & Biscuits
- Fresh Fruit/Fruit Yoghurt

Wednesday

- (GF) Roast Chicken Fillet
- V Mac 'n' Cheese
- V (GF) Mash Potato V (GF) Gravy
- Farmhouse Mixed Vegetables
- Fresh Fruit Selection

Thursday

- Beef "Cheesy" topped Cottage Pie
- Vg Leek & Pea Risotto
- Carrots & Sweetcorn
- V Apple & Oat Crumble with Custard

Friday

- * Cod Goujons
- Vg Vegetable Samosas
- Vg (GF) Oven Chips & Peas
- V Chocolate Chip Muffin
- Fresh fruit / Fruit Yoghurts

- Vg Vegan
- V Vegetarian
- (GF) Gluten free
- * Gluten Free Available



Baked Potatoes
and fresh salad
available daily

Week Two

W/C: 09/09/19, 02/10/19, 18/11/19, 23/12/19, 27/01/20

Meat Free Monday

- V Macaroni Cheese
- V Quorn Bolognese with Vg (GF) Rice
- Fresh Broccoli
- Fresh Pineapple & Mango

Tuesday

- * Pork Sausage
- Vg Vegetable Sausage
- V (GF) Creamed Potatoes & Baked Beans
- V Sticky Toffee Pudding & Custard
- Fresh Fruit/Yoghurts

Wednesday

- (GF) Roast Chicken Fillet
- V Cheese Tortellini with Tomato sauce
- Vg (GF) Roast Potatoes, V (GF) Gravy
- Cabbage & Baby Carrots
- Fresh Fruit Selection

Thursday

- Shredded BBQ Pulled Pork
- Vg (GF) Butternut Risotto
- Vg (GF) Rice & Peas
- V Wholemeal Wraps
- V Chocolate Mousse
- Fresh fruit/Fruit Yoghurt

Friday

- * Breaded Cod Fish Finger
- V Roasted Vegetable Quiche
- Vg (GF) Oven Chips & Baked Beans
- V Vanilla Muffin
- Fresh Fruit/Fruit Yoghurts

- Vg Vegan
- V Vegetarian
- (GF) Gluten free
- * Gluten Free Available

Baked Potatoes
and fresh salad
available daily



Baked Potatoes
and fresh salad
available daily

Week Three

W/C: 16/09/19, 21/10/19, 25/11/19, 30/12/19, 03/02/20

Meat Free Monday

- V Green Pesto Pasta
- V Baked Potato with Beans & Cheese
- V Garlic Bread & Peas
- Fresh Fruit Salad

Tuesday

- * Fresh Beef Burger
- Vg Vegetable Burger
- Vg (GF) Buns
- Vg Low Sugar Tomato Ketchup
- V Spaghetti Hoops & Sweetcorn
- V Lemon Drizzle Cake
- Fresh Fruit / Fruit Yoghurt

Wednesday

- (GF) Roast Pork Loin
- V Stuffed Peppers
- Vg (GF) Roast Potatoes & V (GF) Gravy
- Carrots & Peas
- Fresh Fruit Selection

Thursday

- (GF) Chicken Korma
- V (GF) Vegetable Korma
- Vg (GF) Rice
- Mixed Vegetables
- Vg Chapatti
- V Scotch Pancakes with Chocolate Sauce
- Fresh Fruit / Fruit Yoghurt

Friday

- * Breaded Haddock Fillet
- V Cheese & Onion Pastry
- Salmon & Broccoli Pasta
- Vg (GF) Oven Chips & Peas
- V Mini Ring Doughnuts
- Fresh fruit / Fruit Yoghurt

- Vg Vegan
- V Vegetarian
- (GF) Gluten free
- * Gluten Free Available

Vg

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Week Four

W/C: 23/09/19, 28/10/19, 02/12/19, 06/01/20, 10/02/20

Meat Free Monday

Vg Tricolour Fusilli Pasta with Tomato Sauce
Vg (GF) Wholegrain Rice with Roasted Vegetables
Peas

Fresh Water Melon

Tuesday

* Italian Pork Meatballs
V Quorn Meatballs
Vg (GF) Rice
Mixed Vegetables
V (GF) Chocolate Chip Mousse
Fresh fruit / Fruit Yoghurt

Wednesday

(GF) Roast Chicken Fillet
Vg (GF) Vegetable Fajita
V Fajita Wrap
Vg (GF) Roast Potatoes
Carrots & Peas
V Fresh Fruit

Thursday

(GF) Beef Chilli
Vg Lentil & Vegetable Chilli
Vg (GF) Brown & White Rice
Vg Corn Taco Shells
Farmhouse Mixed vegetables
V Vanilla Ice Cream
Fresh fruit / Fruit Yoghurt

Friday

* Breaded Cod fillet in a bun
V (GF) Vegetable Samosa
Vg (GF) Oven Chips & Peas
V Mini Blueberry Muffin
Fresh fruit / Fruit Yoghurt

Vg Vegan
V Vegetarian

(GF) Gluten free

* Gluten Free Available

Baked Potatoes
and fresh salad
available daily



Baked Potatoes
and fresh salad
available daily

Week Five

W/C: 30/09/19, 04/11/19, 09/12/19, 13/01/20, 17/02/20

Meat Free Monday

Vg Roasted Cherry Tomato & Basil Pasta
Vg Baked Potato with Vegan Cheese
Peas & Sweetcorn
Trio of Exotic Fresh Fruits
(Melon, Pineapple, Mango)

Tuesday

(GF) Chicken Tikka Masala
Vg (GF) Chickpea, Potato & Spinach Curry
Vg (GF) Steamed Rice, Carrots & Broccoli
V Coconut & Jam Sponge with Cream
Fresh fruit / Fruit Yoghurts

Wednesday

(GF) Roast Turkey
V Cauliflower & Broccoli Mornay
Vg (GF) Roast Potatoes, V (GF) Gravy
Farmhouse Mixed Vegetables
Fresh Fruit

Thursday

* Fresh Sausage "Hot Dog Style"
Vg Vegetable Sausage "Hot Dog Style"
Vg Hot Dog Buns
Sweetcorn & Peas
V (GF) Strawberry Mousse
Fresh fruit / Fruit Yoghurts

Friday

* Breaded Haddock Fillet
Vg Vegetable Samosa
Flaked Salmon Pasta
Vg (GF) Oven Chips & Baked Beans
V Vanilla Chocolate Muffin
Fresh Fruit / Fruit Yoghurt

As with all food retailers our suppliers take every care to remove bones from relative products. Fish and meat products may contain bones due to the way the

Our Philosophy

Why we do what we do!

Meat Free Monday

Our menu reflects concerns for reducing the amount of meat we consume and parental desire for their children to eat healthier.

We have made Monday's meat free and altered some of our recipes to be more plant based, offering Vegan options.

Processed Meats!

With public health concerns over the amount of processed meats we are consuming, we have removed cured gammon ham and bacon from the menu. Our sausages and burgers are made fresh to our recipe.

FOOD MILES & SUPPLIERS

Our Greengrocer is less than a mile from our kitchen. Our Butchers are based in the Thames Valley. Our beef is sourced from farms in the South of England and our pork comes from the Windsor estate.

Sustainably Sourced

Our fish is all sustainably sourced. The Chicken we use is welfare assured and only comes from farms in East Anglia.

!BRONZE AWARD WINNERS!

We are proud to be working with the Soil Association and their Food For Life Campaign. This ensures all children are fed a freshly cooked, seasonal and sustainable meal on a daily basis. We now strive for the Silver award.

