



Our menus are planned to meet the food based standards for food in schools and are checked using a recognised programme to analyse nutrition. Over 75% of our dishes are homemade and freshly prepared using tried and tested traditional recipes we know children will love and there's always seasonal fresh fruit, salad and vegetables available daily along with a bread basket and fresh water freely available.

Week 1

|                            | Monday  | Tuesday   | Wednesday  | Thursday   | Fun Friday  |  |  |  |  |  |
|----------------------------|---|---|--|--|---|--|--|--|--|--|
| <b>Hot Meal Options</b>    | <b>Grilled Gammon Slice</b><br>served with herby diced potatoes and beans<br><i>*New*</i>   | <b>Homemade Cheese Whirl</b><br>served with baked beans                               | <b>Beef and Onion Pie</b><br>served with creamed potatoes, fresh chopped carrots and gravy | <b>Cheese and Tomato Pizza</b><br>served with sunshine sweetcorn and crunchy chopped salad | <b>Cook's Roast Chicken Dinner</b><br>served with roast potatoes, seasonal vegetables and gravy | <b>Macaroni Cheese</b><br>served with crusty garlic bread                        | <b>Chicken Curry</b><br>served with 50/50 rice, warm naan bread and sunshine sweetcorn | <b>Lasagne</b><br>served with crusty garlic bread and freshly chopped salad      | <b>Bird's Eye Fish Fingers (2)</b><br>served with oven baked chips and peas      | <b>British Pork Sausage</b><br>served with chips peas and gravy                  |
| <b>Daily Hot Selection</b> | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.  | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.      | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.           | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.           | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.                | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad. | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.       | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad. | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad. | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad. |
| <b>Cold Option</b>         | <b>Percy Pea Pod Packed Lunch</b><br>Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts |   |  |  |   |  |  |  |  |  |
| <b>Dessert</b>             | Cook's Homemade Decorated Carrot Cake or Juicy Chopped Fresh Fruit or Yoghurt   | Sliced Peaches In Juice served with Ice Cream or Juicy Chopped Fresh Fruit or Yoghurt | Lemon and Courgette Muffin or Juicy Chopped Fresh Fruit or Yoghurt                         | Chocolate Crunch or Juicy Chopped Fresh Fruit or Yoghurt                                   | <i>*New*</i> Millionaire's Shortbread or Juicy Chopped Fresh Fruit or Yoghurt                   |  |  |  |  |  |

Week 2

|                            | Monday  | Tuesday   | Wednesday  | Thursday   | Fun Friday   |   |  |  |  |  |
|----------------------------|---|---|--|--|--|---|--|--|--|--|
| <b>Hot Meal Options</b>    | <b>Cheese and Tomato Pizza</b><br>served with sunshine sweetcorn and crunchy chopped salad  | <b>Tomato, Garlic and Basil Pasta Bake</b><br>served with fresh seasonal vegetables and crusty garlic bread | <b>Chicken Pie</b> served with herby diced potatoes and mixed vegetables                 | <b>Homemade Cheese Whirl</b><br>served with baked beans                          | <b>Fresh Pork Steak</b><br>served with creamed potatoes, broccoli and gravy      | <b>Southern Style Chicken</b><br>served with wedges potatoes and mixed vegetables | <b>Chicken Tikka</b><br>served with 50/50 rice, warm naan bread and sunshine sweetcorn | <b>Cottage Pie</b><br>served with carrots and pea medley                         | <b>Breaded Fish Stars</b><br>served with oven baked chips and peas<br><i>*New*</i> | <b>Lamb Meat Balls</b><br>served with creamed potato and mixed vegetables        |
| <b>Daily Hot Selection</b> | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.  | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.                            | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.         | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad. | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad. | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.  | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.       | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad. | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.   | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad. |
| <b>Cold Option</b>         | <b>Percy Pea Pod Packed Lunch</b><br>Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts |   |  |  |  |   |  |  |  |  |
| <b>Dessert</b>             | Fresh Baked Iced Sponge or Juicy Chopped Fresh Fruit or Yoghurt   | Decorated Fruit & Jelly or Juicy Chopped Fresh Fruit or Yoghurt   | Cook's Homemade Ginger Biscuits with Juicy Pears or Juicy Chopped Fresh Fruit or Yoghurt | Cook's Chocolate Muffin or Juicy Chopped Fresh Fruit or Yoghurt                  | Cook's Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt       |   |  |  |  |  |

Week 3

|                            | Monday  | Tuesday   | Wednesday  | Thursday   | Fun Friday  |   |  |  |  |  |
|----------------------------|---|---|--|--|---|---|--|--|--|--|
| <b>Hot Meal Options</b>    | <b>Pasta Bolognese</b><br>served with a medley of mixed vegetables and crusty garlic bread  | <b>Chicken Fajita Wrap</b><br>served with herby diced potatoes and mixed vegetables | <b>Meat and Potato Pie</b><br>served with garden peas and gravy                  | <b>Cheese and Tomato Pizza</b><br>served with sunshine sweetcorn and crunchy chopped salad | <b>Cook's Roast Chicken Dinner</b><br>served with roast potatoes, carrots, peas and gravy | <b>Tuna Pasta Bake</b><br>served with fresh seasonal vegetables and crusty garlic bread | <b>Chicken Curry</b><br>served with 50/50 rice, warm naan bread and sunshine sweetcorn | <b>Cheese and Tomato Flan</b><br>Served with potato wedges and seasonal vegetables | <b>Harry Ramsden's 100% Fish Fillet</b><br>served with oven baked chips and mushy peas | <b>Vegetarian Sausage Roll</b><br>served with oven baked chips and beans         |
| <b>Daily Hot Selection</b> | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.  | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.    | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad. | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.           | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.          | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.        | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.       | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.   | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.       | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad. |
| <b>Cold Option</b>         | <b>Percy Pea Pod Packed Lunch</b><br>Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts |   |  |  |   |   |  |  |  |  |
| <b>Dessert</b>             | Cook's Homemade Apple Flapjack or Juicy Chopped Fresh Fruit or Yoghurt  | <i>*New*</i> Chocolate & Mandarin Delight or Juicy Chopped Fresh Fruit or Yoghurt   | Fresh Baked Decorated Muffin or Juicy Chopped Fresh Fruit or Yoghurt             | Cook's Assorted Fresh Baked Fruit Cookies or Juicy Chopped Fresh Fruit or Yoghurt          | <i>*New*</i> Marble Sponge and Custard or Juicy Chopped Fresh Fruit or Yoghurt            |   |  |  |  |  |

**Key** V for Vegetarian Foods

