

School Lunch Menu 2017

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pasta spirals with a herby tomato sauce	Chinese chicken and vegetable stir fry	Roast beef	Pulled pork in a burger bun with shredded lettuce and sliced tomatoes	Oven baked Young's omega 3 fish fingers
Vegetarian		Chinese vegetable stir fry	Roasted Quorn fillet	Vegetarian sausages	Vegetable nuggets
Vegetables and accompaniments	Grated cheese Garlic bread	Noodles	Yorkshire pudding, roast potatoes, seasonal vegetables and gravy	BBQ sauce or mayonnaise Extensive salad bar	Chips Baked beans or peas
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Strawberry Delight with peach slices	Orange and honey cake	Iced fruit lolly	Banana cake	Fruit salad and cream

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken curry	Spaghetti Bolognese	Roast turkey	Puff pastry sausage roll	Oven baked fillet of fish in a bubble crumb
Vegetarian	Vegetable curry	Quorn mince Bolognese	Roasted Quorn fillet	Vegetarian sausage roll	Vegetable nuggets
Vegetables and accompaniments	White Tilda rice Naan bread and peas	Garlic bread Salad Bar	Yorkshire pudding, roast potatoes, seasonal vegetables and gravy	Diced potatoes Baked beans or sweetcorn	Chips Baked beans or peas
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Carrot cake	Homemade apple crumble and custard	Ice cream with strawberry sauce	Yoghurt pots	Chocolate brownie served with orange wedges

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main	100% chicken chunks	Pizza with a selection of toppings	Roast gammon	Chicken wraps	Oven baked Jumbo fish fingers
Vegetarian	Quorn fillet chunks		Roasted Quorn fillet	Quorn fillet wraps	Vegetable nuggets
Vegetables and accompaniments	Potato wedges Baked beans or sweetcorn	Extensive salad bar	Yorkshire puddings, roast potatoes, cauliflower cheese, carrots and gravy	Extensive salad bar	Chips Baked beans or peas
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Cherry shortbread with vanilla ice cream	Trio of melon	Fruit jelly with squirty cream	Apricot flapjack	Iced vanilla sponge cake

Every day we serve a choice of freshly baked baguettes with a wide selection of fillings or jacket potatoes with baked beans and grated cheese.

Yoghurts and a fresh fruit basket are available as an alternative to dessert.

Fresh juice, milk and water are available every day.

Our meat is delivered from Burton's butchers in Saffron Walden. Our fruit, vegetables and salads are from Reading's in Braintree