

School Lunch Menu 2017

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pizza wedge with a choice of pepperoni or cheese and tomato	Spaghetti Bolognese with grated cheese	Roast gammon	Beef burger in a bun	Jumbo fish finger
Vegetarian		Vegetarian Bolognese	Roasted Quorn fillet	Vegetarian burger	Vegetarian nuggets
Vegetables and accompaniments	Baked beans or sweetcorn	Garlic bread Salad bar	Roast potatoes, Yorkshire pudding, cauliflower cheese, baton carrots and gravy	Choice of onions, cheese slices and a large salad bar	Crispy 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	Chocolate crunch with a selection of grapes	Apple crumble and custard	Arctic roll	Upside down pineapple sponge and custard	Brownie with orange wedge

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Homemade Toad in the Hole (pork sausages)	Homemade lemon crumbed chicken breast	Roast pork	Lasagne	Oven baked crispy bubble crumb fillet of fish
Vegetarian	Homemade Toad in the Hole (vegetarian sausages)	Lemon crumbed Quorn fillet	Roast potatoes, seasonal vegetables and gravy	Vegetarian lasagne	Vegetable nuggets
Vegetables and accompaniments	Choice of vegetables or Baked beans Gravy	Garlic mashed potatoes Broccoli and sweetcorn	Roasted Quorn fillet	Garlic bread Large salad bar	Crispy 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	Fruit salad and cream	Red velvet sponge	Jelly and ice cream	Cherry shortbread and grapes	Chocolate sponge and chocolate custard

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Succulent chicken nuggets	Homemade minced beef hotpot	Roast chicken	The famous all day breakfast – sausage, bacon, scrambled egg,	Fishwich fish fillet in a crispy crumb served in a bun with mayo and lettuce
Vegetarian	Quorn fillet nuggets	Homemade vegetarian mince hotpot	Roasted Quorn fillet	All day vegetarian breakfast with 2 Quorn sausages	Spicy bean burger in a bun
Vegetables and accompaniments	Herby diced potatoes Baked beans or sweetcorn	Broccoli and peas	Sage and onion stuffing, roast potatoes, Yorkshire pudding and seasonal vegetables	Plum tomatoes Hash browns Baked beans	Crispy chips Winter coleslaw
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Warm waffles with a fruit compote and squirty cream	Peaches and ice cream	Frozen yoghurt pots	Jam tart and custard	Vanilla iced sponge

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