




Autumn term 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week commencing 4th Sept, 18th Sept, 2nd Oct, 16th Oct, 6th Nov, 20th Nov & 4th Dec					
MAIN COURSE	Macaroni Cheese served with Garlic bread and Bacon Pieces	Jacket potato Day	Margherita Pizza served with Potato wedges and Peas	Roast Chicken with seasonal vegetables and Roast potatoes	Oven Baked Local Sausages served with Chips and Peas
VEGETARIAN	Macaroni Cheese served with Garlic bread	Various Fillings		Quorn Fillets with Seasonal vegetables and Roast Potatoes	Quorn Sausage served with Chips and Peas
VEGETABLES	Carrot sticks, tomatoes, sliced pepper, cucumber	Carrot sticks, tomatoes, sliced pepper, cucumber	Carrot sticks, tomatoes, sliced pepper, cucumber	Carrot sticks, tomatoes, sliced pepper, cucumber	Carrot sticks, tomatoes, sliced pepper, cucumber
DESSERT	Michelle's homemade dessert/cake/cookie of the day , yoghurt pot OR something from the fruit bowl				
DATES for WEEK 2: Week commencing 11th Sept, 25th Sept, 9th Oct, 30th Oct, 13th Nov, 27th Nov & 11th Dec					
MAIN COURSE	Pork meatballs, in homemade tomato sauce with pasta and garlic slice.	Jacket Potato Day	Chicken Korma served with 50/50 rice and a Naan Bread	Roast Gammon served with Seasonal Vegetables and Roast Potatoes	MSC Fish Fingers served with Chips and Peas
VEGETARIAN	Quorn Pieces In a Homemade Tomato Sauce served with Pasta and Garlic bread	Various Fillings	Quorn Korms	Quorn Roll	Baked Veggie Bites, chips, peas or beans.
VEGETABLES	Carrot sticks, tomatoes, sliced pepper, cucumber	Carrot sticks, tomatoes, sliced pepper, cucumber	Carrot sticks, tomatoes, sliced pepper, cucumber	Carrot sticks, tomatoes, sliced pepper, cucumber	Carrot sticks, tomatoes, sliced pepper, cucumber
DESSERT	Michelle's homemade dessert/cake/cookie of the day, yoghurt pot OR something from the fruit bowl				
	All main-course and vegetarian dishes come with a choice of homemade dessert (made with reduced sugar), low fat yoghurt or fresh fruit. All meals come with carrot and cucumber sticks plus cherry tomatoes. We are committed to providing a meal, where possible to all pupils regardless of food allergies or intolerances.				
	Farm Assured Meat		MCS Approved		Fresh Fruit Dessert