

Back School - Canteen Menu

Week 1	Option 1	Option 2	Option 3	Vegetables	Pudding
MEAT FREE MONDAY	Macaroni Garlic Bread	Seasonal Vegetable Soup & Roll	Baked Potato with Cheese/Beans/Tuna	Beans Sweetcorn	Yoghurt & Fruit or Fruit
Tues	Sausage Casserole Mashed Potatoes	Lentil Soup & Sandwich	Baked Potato with Cheese/Tuna	Peas Broccoli	Seasonal Fruit Salad or Fruit
Wed	Chicken Curry Rice	Baked Potato with Cheese/Beans/Tuna	Tomato Soup & Wrap	Green Beans Sweetcorn	Sponge, Custard & Fruit or Fruit
Thurs	Steak Pie Potatoes	Vegetable Soup & Baguette	Veggie Burger Potatoes	Peas Broccoli	Ice Cream & Fruit or Fruit
Fri	Fish Fingers Chips	Fish Chips	Vegetable & Rice Soup & Panini	Coleslaw Seasonal Mixed Salad	Jelly & Fruit or Fruit
Week 2	Option 1	Option 2	Option 3	Vegetables	Pudding
MEAT FREE MONDAY	Pizza, Wedges	Baked Potato with Cheese/Beans/Tuna	Tomato Soup & Sandwich	Carrot Sticks Green Beans Spaghetti Hoops	Angel Delight & Fruit or Fruit
Tues	Spaghetti Bolognese	Cheese Salad	Vegetable Soup & Wrap	Peas Sweetcorn	Shortbread & Fruit or Fruit
Wed	Chicken Goujons Wrap with Mayo	Lentil Soup & Panini	Veggie Burger Roll	Savoury Rice Mixed Salad Coleslaw	Ice Cream & Fruit or Fruit
Thurs	Roast Chicken Yorkshire Pudding Mashed Potato	Leek & Potato Soup & Roll	Baked Potato with Cheese/Tuna	Carrots Cabbage	Jelly & Fruit or Fruit
Fri	Pastry Sausage Roll & Chips	Sweet Potato & Carrot Soup & Baguette	Tuna & Sweetcorn Pasta	Peas Beans	Yoghurt or Crackers & Cheese with Fruit or Fruit
Week 3	Option 1	Option 2	Option 3	Vegetables	Pudding
MEAT FREE MONDAY	Macaroni Garlic Bread	Lentil Soup & Sandwich	Baked Potato with Cheese/Beans/Tuna	Beans Seasonal Salad	Crackers, Cheese & Fruit or Fruit
Tues	Pasta Bolognese	Baked Potato with Cheese/Beans/Tuna	Tomato Soup & Wrap	Broccoli Seasonal Salad	Chocolate Sponge & Fruit or Fruit
Wed	Sausages Wedges	Cheese & Carrot Salad	Quorn Sausages & Wedges	Beans Sweetcorn	Frozen Yoghurt & Fruit or Fruit
Thurs	Roast Chicken Mashed Potato & Gravy	Salmon Fish Fingers Mashed Potato	Vegetable Soup & Baguette	Carrots Cauliflower	Melon & Fruit or Fruit
Fri	Fish & Chips	Fish Fingers & Chips	Vegetable Noodle Soup & Panini	Peas Seasonal Salad	Yoghurt or Jelly & Fruit or Fruit
Week 4	Option 1	Option 2	Option 3	Vegetables	Pudding
MEAT FREE MONDAY	Tomato Pasta Garlic Bread	Lentil Soup & Panini	Baked Potato with Cheese/Tuna	Broccoli Carrot Sticks	Frozen Yoghurt & Fruit or Fruit
Tues	Chicken Burger on Roll & Wedges	Cheesy Pasta	Vegetable Burger on Roll & Wedges	Seasonal Salad Beans	Oat Biscuit & Fruit or Fruit
Wed	Mince & Mashed Potatoes	Vegetable Soup & Sandwich	Tuna & Sweetcorn Pasta	Green Beans	Crackers, Cheese & Fruit or Fruit
Thurs	Chicken Stew, Yorkshire Pudding, Potatoes & Gravy	Tomato Soup & Wrap	Quorn Sausages, Yorkshire Pudding, Potatoes	Sweetcorn Peas	Ice Cream & Fruit or Fruit
Fri	Fish Fingers Chips	Fish Chips	Baked Potato with Cheese/Beans/Tuna	Spaghetti Hoops Mixed Seasonal Veg	Yogurt with Fruit or Fruit

Free Salad & Bread available daily