

**AVAILABLE EVERY DAY**

- Sliced fresh fruit
- Selection of fresh salad

**LUNCHTIME CO<sup>TM</sup>**

**WEEK THREE MENU**

WEL  
22ND JAN • 19TH FEB • 12TH MARCH

**NUTRITIONALLY PACKED**

Our menus are nutritionally analysed to ensure they meet and exceed The School Food Plan.

**WE BUY LOCAL**

We use local suppliers because we only use food we can trust which is of a high standard, properly produced, fresh and good value.

**MEAT FREE** 

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Freshly Baked Bread	Freshly baked wholemeal bread	Freshly baked focaccia bread	Freshly baked ciabatta bread	Freshly baked wholemeal bread	Freshly baked Garlic Bread
Main Choice 1	Vegetable meatballs in a tomato & garlic sauce with rice	Jerk chicken with rice & peas	Jacket potato with creamy chicken	Roast turkey with roast potatoes and yorkshire pudding	Fish and chips
Main Choice 2	Stir fry vegetable and hummus wrap	Moroccan spiced chickpea and vegetable ragout	Jacket potato with tuna mayonnaise, baked beans, grated cheese	Broccoli & tomato pasta bake with melted cheese	Vegetable pizza and chips
Desserts	Rhubarb crumble & custard Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Chocolate cookies and ice cream Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Jam sponge & custard Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Banana cake Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits	Bakewell tart Sliced fresh fruit, natural yoghurt, fruit compote, cheese & biscuits

**Our mission is to make your lunchtime meal the highlight of your day**

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited • All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

SOME OF OUR FOOD MAY CONTAIN ALLERGENS, PLEASE ASK OUR CHEF FOR ADVICE

