

WEEK 1

WEEK COMMENCING

11/06/18, 02/07/18, 23/07/18, 17/09/18 & 08/10/18

Monday

- Meat: Baked Pork Sausages
- Vegetarian: Baked Quorn Sausages
- Side: Mashed Potatoes
- Vegetables: Baked Beans
- Dessert: Fruit Jelly

Tuesday

- Meat: Savoury Minced Beef & Tomato Sauce
- Vegetarian: Savoury Vegetable Mince & Tomato Sauce
- Side: Rice
- Vegetables: Sweetcorn & Peppers
- Dessert: Oaty Apple Crumble & Custard

Wednesday

- Meat: Roast Turkey & Gravy
- Vegetarian: Roast Quorn Fillet & Gravy
- Side: New Potatoes
- Vegetables: Farmhouse Vegetables
- Dessert: Marble Cake

Thursday

- Meat: Beef Burger in a Bun & Relish
- Vegetarian: Vegetable Burger in a Bun & Relish
- Side: Herb Dice Potatoes
- Vegetables: Carrot Sticks
- Dessert: Chocolate Mousse

Friday

- Fish: Breaded Fish Fingers
- Vegetarian: Vegetable Nuggets
- Side: Chips
- Vegetables: Garden Peas
- Dessert: Fruit Cake

SCHOOL LUNCH MENU - June to October 2018

WEEK 2

WEEK COMMENCING

18/06/18, 09/07/18, 03/09/18, 24/09/18 & 15/10/18

Monday

- Meat: Chicken Strips in a Tomato & Pepper Sauce
- Vegetarian: Vegetable & Mixed Bean Casserole
- Side: Rice
- Vegetables: Sweetcorn & Peas
- Dessert: Fruit Yoghurt

Tuesday

- Meat: Roast Pork & Gravy
- Vegetarian: Quorn Fillet & Gravy
- Side: Roast Potatoes
- Vegetables: Carrots & Green Beans
- Dessert: Banana cake

Wednesday

- Meat: Bolognese Pasta Bake
- Vegetarian: Vegetable Bolognese Pasta Bake
- Side: Garlic Bread
- Vegetables: Farmhouse Vegetables
- Dessert: Fruit Jelly

Thursday

- Meat: Savoury Pork Boston Bake
- Vegetarian: Cheese & Tomato Pizza
- Side: Jacket Wedges
- Vegetables: Baked Beans
- Dessert: Strawberry Mousse

Friday

- Fish: Breaded Fishcake
- Vegetarian: Vegetable Sausages
- Side: Chips
- Vegetables: Baked Beans
- Dessert: Golden Syrup Flapjack

WEEK 3

WEEK COMMENCING

04/06/18, 25/06/18, 16/07/18, 10/09/18 & 01/10/18

Monday

- Meat: Pork Meatballs in Tomato Sauce
- Vegetarian: Vegetable Meatballs in Tomato Sauce
- Side: Rice
- Vegetables: Peas, Sweetcorn & Peppers
- Dessert: Fruit Yoghurt

Tuesday

- Meat: Roast Beef & Gravy
- Vegetarian: Quorn Fillet & Gravy
- Side: Roast Potatoes
- Vegetables: Carrots & Green Beans
- Dessert: Raspberry Mousse

Wednesday

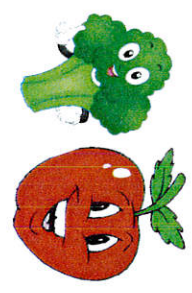
- Meat: Hot Dogs
- Vegetarian: Vegetable Hot Dogs
- Side: Jacket Wedges
- Vegetables: BBQ Beans
- Dessert: Sultana Sponge & Custard

Thursday

- Meat: Chicken Breast & Gravy
- Vegetarian: Baked Vegetable Crumble
- Side: Mashed Potatoes
- Vegetables: Farmhouse Vegetables
- Dessert: Fruit Jelly

Friday

- Fish: Breaded Fish Fingers
- Vegetarian: Vegetable Burger
- Side: Chips
- Vegetables: Garden Peas
- Dessert: Carrot Cake



DAILY EXTRAS: Jacket potatoes & cheesy beans are available daily, as the alternative to the main menu, BAM FM recommends choosing the jacket potato option no more than twice a week. Fresh drinking water available daily.

WEEK 1

WEEK COMMENCING

11/06/18, 02/07/18, 23/07/18, 17/09/18 & 08/10/18

Monday**G/F & D/F Main:** Pork Loin Strips

G/F & D/F Vegetarian: Quorn & Vegetable Ratatouille

Side: Mashed Potatoes**Vegetables:** Green Beans**Dessert:** Fruit Jelly**Tuesday****G/F & D/F Main:** Savoury Minced Beef in Tomato Sauce

G/F & D/F Vegetarian: Savoury Vegetables in Tomato Sauce

Side: Rice**Vegetables:** Sweetcorn & Peppers**G/F & D/F Dessert:** Sultana Muffin**Wednesday****G/F & D/F Main:** Roast Turkey & Gravy

G/F & D/F Vegetarian: Quorn Fillet & Gravy

Side: New Potatoes**Vegetables:** Farmhouse Vegetables**Dessert:** Jam Muffin**Thursday****G/F & D/F Main:** Baked Chicken Fillet & Gravy

G/F & D/F Vegetarian: Vegetable & Chick Pea Casserole

Side: Mash Potatoes**Vegetables:** Carrots**Dessert:** Alpro Yoghurt**Friday****G/F & D/F Main:** Baked Fish Fillet

G/F & D/F Vegetarian: Baked Vegetable Crumble

Side: Chips**Vegetables:** Garden Peas & Ketchup**Dessert:** Fruit Cookie (G/F & D/F)**SCHOOL LUNCH MENU - JUNE TO OCT 2018****Gluten & Dairy Free Menu****WEEK 2**

WEEK COMMENCING

18/06/18, 09/07/18, 03/09/18, 24/09/18 & 15/10/18

Monday**G/F & D/F Main:** Chicken Strips in Tomato & Pepper Sauce

F/F & D/F Vegetarian: Vegetable & Mixed Bean Casserole

Side: Rice**Vegetables:** Farmhouse Vegetables**Dessert:** Alpro Dessert**Tuesday****G/F & D/F Main:** Roast Pork & Gravy

G/F & D/F Vegetarian: Quorn Fillet & Gravy

Side: Roast Potatoes**Vegetables:** Carrots & Green Beans**Dessert:** Banana Muffin**Wednesday****G/F & D/F Main:** Bolognese Pasta Bake

G/F & D/F Vegetarian: Vegetable Bolognese Pasta Bake

Side: "Genuis" Bread Slice**Vegetables:** Farmhouse Vegetables**Dessert:** Fruit Jelly**Thursday****G/F & D/F Main:** Baked Chicken Fillet

G/F & D/F Vegetarian: Tomato & Roasted Pepper Pizza

Side: Jacket Wedges**Vegetables:** Baked Beans**Dessert:** Fruit Cocktail**Friday****G/F & D/F Main:** Fish Fillet in Tomato Sauce

G/F & D/F Vegetarian: Vegetable Casserole

Side: Chips**Vegetables:** Garden Peas**Dessert:** Chocolate Muffin**WEEK 3**

WEEK COMMENCING

04/06/18, 25/06/18, 16/07/18, 10/09/18 & 01/10/18

Monday**G/F & D/F Main:** Pork Meatballs in Tomato Sauce

G/F & D/F Vegetarian: Vegetable & Chickpea Casserole

Side: Rice**Vegetables:** Sweetcorn**Dessert:** Sultana Muffin**Tuesday****G/F & D/F Main:** Roast Beef

G/F & D/F Vegetarian: Quorn Fillet & Gravy

Side: Roast Potatoes**Vegetables:** Carrots & Garden Peas**G/F & D/F, V Dessert:** Alpro Dessert**Wednesday****G/F & D/F Main:** Pork Loin Strips

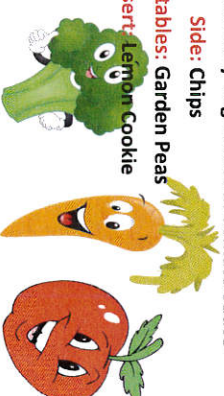
G/F & D/F Vegetarian: Vegetable & Mixed Bean Casserole

Side: Jacket Wedges**Vegetables:** Baked Beans**Dessert:** Sultana Muffin**Thursday****G/F & D/F Main:** Chicken in Gravy

G/F & D/F Vegetarian: Baked Vegetable Crumble

Side: Mashed Potatoes**Vegetables:** Farmhouse Vegetables**Dessert:** Fruit Jelly**Friday****G/F & D/F Main:** Baked Fish Fillet

G/F & D/F Vegetarian: Savoury Vegetables in Tomato Sauce

Side: Chips**Vegetables:** Garden Peas**Dessert:** Lemon Cookie

DAILY EXTRAS: Jacket potatoes & baked beans are available daily, as the alternative to the main menu, BAM FM recommends choosing the jacket potato option no more than twice a week. We use Gluten Free Pasta, Flour, Gravy & Fish Products. Fresh drinking water available daily.