



Welcome to



We care about Good School Food!

Which is why we work closely with the Soil Association to make sure we are providing food which is healthy, sustainably sourced, better for animal welfare and delicious of course! This means...

- All of the eggs we use are free range
- We source British local and seasonal produce where possible
- Our meat is sourced from UK farms with high standards of animal welfare
- We have achieved the MSC's (Marine Stewardship Council) Chain of Custody certification which demonstrates that the fish we serve is from well-managed & sustainable fisheries - we don't serve any endangered fish

THE KITCHEN

YOUR MENU FOR WEEK ONE

- mains -	- vegetarian -	- desserts -
MONDAY Pork Sausage, Mash & Gravy served with Peas and Sweetcorn	MONDAY Macaroni Cheese served with Broccoli & Carrots	MONDAY Pear and Ginger Sponge
TUESDAY Beef Lasagne served with Green Beans & Cauliflower	TUESDAY Roast Vegetable Tart & New Potatoes	TUESDAY Chocolate Bread and Butter Pudding
WEDNESDAY Roast Chicken, Roast Potatoes & Gravy with Broccoli & Carrots	WEDNESDAY Vegetable (Potato) & Cheese Frittata with Broccoli & Carrots	WEDNESDAY Eves Pudding & Custard
THURSDAY Pulled Turkey & Rice Burrito	THURSDAY Vegetable Bean Chilli Con Carne with Rice & Sour Cream	THURSDAY Chocolate Muffin
FRIDAY Fish Fingers & Chips served with Peas & Baked Beans	FRIDAY Quorn Burger & Chips served with Peas & Baked Beans	FRIDAY Fruity Flapjack

THE KITCHEN

YOUR MENU FOR WEEK TWO

- mains -	- vegetarian -	- desserts -
MONDAY Beef Penne Pasta Bolognese served with Peas & Carrots	MONDAY Vegetable Chow Mein with Peas & Carrots	MONDAY Apple Crumble with Custard
TUESDAY Chicken & Sweetcorn Wholemeal Pie, New Potatoes with Green Beans & Cauliflower	TUESDAY Spicy Bean Burger in a Bun with Green Beans & Cauliflower	TUESDAY Lemon & Courgette Cake
WEDNESDAY Roast Turkey, Roast Potatoes & Gravy with Cabbage & Carrots	WEDNESDAY Vegetable & Bean Ragù, Roast Potatoes with Cabbage & Carrots	WEDNESDAY Orange & Carrot Muffin
THURSDAY Lamb Khemla Curry, Rice with Spinach & Sweetcorn	THURSDAY Quorn Meat Balls in Tomato Sauce, Rice with Spinach & Sweetcorn	THURSDAY Pineapple Upside Down Sponge & Custard
FRIDAY Battered Fish & Chips served with Peas & Baked Beans	FRIDAY Cheese & Tomato Penne Pasta served with Peas & Baked Beans	FRIDAY Chocolate Brownie

THE KITCHEN

YOUR MENU FOR WEEK THREE

- mains -	- vegetarian -	- desserts -
MONDAY Beef Meatballs & Penne Pasta with Sweetcorn & Salad	MONDAY Haloumi Roast Vegetable Wrap with Sweetcorn & Salad	MONDAY Pear and Berry Crumble and Custard
TUESDAY Garlic Lemon Chicken, Cous Cous served with Coleslaw & Salad	TUESDAY Quorn & Vegetable Fajitas served with Coleslaw & Green Beans	TUESDAY Rice Pudding with Peaches
WEDNESDAY Roast Pork, Roast Potatoes & Gravy with Cauliflower & Carrots	WEDNESDAY Vegetable & Lentil Pasta Bake with Cauliflower & Carrots	WEDNESDAY Pear & Chocolate Flapjack
THURSDAY Beef Moussaka with Roasted Mediterranean Vegetables	THURSDAY Cheese & Tomato Whirl with Roasted Mediterranean Vegetables	THURSDAY Chocolate Baked Rice Pudding
FRIDAY Fish Finger Burger with Tartar Sauce & Chips served with Peas & Baked Beans	FRIDAY Falafel Salad & pitta served with Peas & Baked Beans	FRIDAY Berry Muffin