



Three Choice menu

Week one

Monday

Meatballs Sub with Tomato Sauce, Cheese, Salad & Coleslaw

Vegetable Korma with Rice

Jacket potato with cheese, beans, tuna or coleslaw filling

Bananas and Custard, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya, wheat
May contain: Lupin, oats, rye

Tuesday

All day breakfast - Scrambled Egg, Bacon, Sausage, Hash Brown & Beans

All Day Veggie Breakfast - Scrambled Egg, Quorn Sausage, Hash Brown & Beans

Knorr Cream of Chicken soup, Tuna, cheese, ham or egg filled roll

Cookie, fruit or yoghurt

Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya
May contain: Lupin, oats, rye sulphur dioxide & sulphites

Wednesday

Tuna Pasta Bake with Garlic Bread & Salad

Quorn Wrap with Salad & Coleslaw

Jacket potato with cheese, beans, tuna or coleslaw filling

Fruit Muffin, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Celery, crustaceans, molluscs, oats, rye

Thursday

Roast Beef with Roast Potatoes, Carrots, Yorkshire Pudding & Gravy

Quorn Fillet with Roast Potatoes, Carrots, Yorkshire Pudding & Gravy

Tomato & Basil soup,
Tuna, cheese, ham or egg panini

Chocolate Mousse with Mandarin Segments, fruit or yoghurt

Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya
May contain: Oats, rye, sulphur dioxide & sulphites

Friday

Fish Fingers with Chips & Peas (mushy or garden)

Quorn Enchiladas with Rice & Peas

Jacket potato with cheese, beans, tuna or coleslaw filling

Chef Choice - Fruit Cheesecake, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Celery, crustaceans, molluscs, oats, rye, sulphur dioxide & sulphites

Week two

Monday

Salmon Fish Fingers with Sweet Potato Mash & Beans

Quorn Dippers with Sweet Potato Mash & Beans

Jacket potato with cheese, beans, tuna or coleslaw filling

Frozen Toffee Yoghurt with Banana, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Celery, crustaceans, molluscs, oats, rye

Tuesday

Chicken Tikka Masala with Rice

Cheese & Tomaro Pasta Bake with Garlic Bread

Leek & Potato soup,
Tuna, cheese, ham or egg filled roll

Fruit Flapjack, fruit or yoghurt

Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya
May contain: Oats, rye

Wednesday

Lasagne with Salad & Garlic Bread

Cheese & Tomato Panini with Coleslaw & Salad

Jacket potato with cheese, beans, tuna or coleslaw filling

Strawberry Mousse Break with Strawberries, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Oats, rye

Thursday

Roast Pork with Mash, Seasonal Veg & Gravy

Quorn Meatballs with Mash, Seasonal Veg & Gravy

Knorr Cream of Chicken soup, Tuna, cheese, ham or egg panini

Jelly & Fruit, fruit or yoghurt

Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya

Friday

Harry Ramsden's Fish Fillet with Chips & Peas (mushy or garden)

Veggie Pizza with Chips & Beans

Jacket potato with cheese, beans, tuna or coleslaw filling

Fruit Sponge & Custard, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Celery, crustaceans, molluscs, oats, rye, sulphur dioxide & sulphites

Week three

Monday

Beef Burger on a Diddi Roll with Crisccuts & Beans

Quorn Burger on a Diddi Roll with Crisccuts & Beans

Jacket potato with cheese, beans, tuna or coleslaw filling

Frozen Toffee Yoghurt with Banana, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Celery, oats, rye, sulphur dioxide & sulphites

Tuesday

Spaghetti Bolognaise with Garlic Bread

Quorn Cottage Lasagne with Salad & Garlic Bread

Tomato & Basil soup,
Tuna, cheese, ham or egg filled roll

Brownie, fruit or yoghurt

Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya
May contain: Oats, rye

Wednesday

Chicken Korma with Rice

Chefs Choice Pie with Mash, Peas & Gravy

Jacket potato with cheese, beans, tuna or coleslaw filling

Butterfly Cake, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Oats, rye

Thursday

Roast Chicken with Mash, Stuffing, Seasonal Veg & Gravy

Quorn Sausage & Mash with Gravy & Seasonal Veg

Leek and potato soup,
Tuna, cheese, ham or egg panini

Chocolate Mousse Break with Banana, fruit or yoghurt

Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya

Friday

Fish Stars with Wedges & Beans

Vegetable Chow Mein Stir Fry

Jacket potato with cheese, beans, tuna or coleslaw filling

Cookie & Milkshake, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Celery, crustaceans, molluscs, oats, rye, sulphur dioxide & sulphites

Available daily: Fresh fruit, yoghurt, water, milk and fruit juice.

Many of the options available can be adapted to suit various diets, should your child have any dietary needs please contact your school and our Kitchen Team will be happy to accommodate. denotes vegetarian option or vegetarian version available.



October 2023

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November 2023

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December 2023

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January 2024

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February 2024

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March 2024

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April 2024

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| 29 | 30 | | | | | |

Week One Week Two Week Three