



"Walking with Jesus to be the best we can be"

MONTH	Week 1 - Yellow
	Week 2 - Blue
	Week 3 - Green
	School Holiday
	Public Holiday



SCHOOL MENUS

Autumn Term 2021



SEPTEMBER	M	6	13	20	27
	Tu	7	14	21	28
	W	1	8	15	22
	Th	2	9	16	23
	F	3	10	17	24

OCTOBER	M	4	11	18	25
	Tu	5	12	19	26
	W	6	13	20	27
	Th	7	14	21	28
	F	1	8	15	22

NOVEMBER	M	1	8	15	22	29
	Tu	2	9	16	23	30
	W	3	10	17	24	
	Th	4	11	18	25	
	F	5	12	19	26	

DECEMBER	M	6	13	20
	Tu	7	14	21
	W	1	8	15
	Th	2	9	16
	F	3	10	17

WEEK 1 WEEK 1 WEEK 1 WEEK 1 WEEK 1

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Option 1:	Chicken pie & mash potato	2, 7	Tomato & basil pasta (v)	2, 7	Fish fingers & chips	2, 5	Roasted gammon, stuffing, roast potatoes & gravy	2	Burger in a bap	1, 2, 13, 14
Option 2:	Wholemeal vegetarian pasta (v)	2	Creamy chickpea & vegetable curry with brown/white rice (v)		Cheese bites & chips (v)	2, 7	Quorn sausage, stuffing, roast potatoes & gravy (v)	4	Vegetable burger in a bap (v)	2
Jacket:	Jacket potato with curried beans (v)		Jacket potato with cheese & fruity coleslaw (v)	4, 7	Jacket potato with vegetable curry (v)	1, 2	Jacket potato with egg mayo & cress (v)	4	Jacket potato with ham & sweetcorn	
Vegetables:	Mixed vegetables		Sweetcorn		Salad sticks		Seasonal vegetables		Fresh salad & coleslaw	4
Bread:	Wholemeal slice	2	Crusty slice	2	Brown / white bread	2	Wholemeal slice	2	Wholemeal slice	2
Salad bar:	Available		Available		Not available		Not available		Available	
Dessert option 1:	Lemon feather sponge	2, 4	Coconut crunchies	2	Shortcake & milk	2, 7	Jelly & cream	7	Cocoa krispie	2, 7
Dessert option 2:	Organic yogurt or melon slices	7	Organic yogurt or strawberries/kiwi	7	Thick & creamy yogurt or fruit bowl	7	Thick & creamy yogurt or fruit kebab	7	Fruit yogurt or whole fruit	7

WEEK 2 WEEK 2 WEEK 2 WEEK 2 WEEK 2

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Option 1:	Marpool made cheese pasta & sauce (v)	2, 7	Meatballs in tomato & pepper sauce served with pasta	1, 2, 13	Fish cake & chips	2, 5	Roast chicken, roast potatoes, stuffing & gravy	2, 13	BBQ pork & rice	
Option 2:	Homemade vegetable frittata (v) 4, 7		Mexican chimichangas (v)		Vegetable finger & chips (v)	2	Quorn fillet, roast potatoes, stuffing & gravy (v)	2, 4, 13	Vegetable quiche (v)	2, 4, 7
Jacket:	Jacket potato with beans (v)		Jacket potato with cheese (v)	7	Jacket potato with chicken mayo	4	Jacket potato with vegetable curry sauce (v)	1, 2	Jacket potato with tuna mayo & sweetcorn	4, 5
Vegetables:	Sweetcorn		Peas & carrots		Salad / salad sticks		Seasonal vegetables		Pasta salad	2
Bread:	Crusty slice	2	Crusty slice	2	Brown/white slice	2	Wholemeal slice	2	Wholemeal slice	2
Salad bar:	Available		Available		Not available		Not available		Available	
Dessert option 1:	Marpool made mango & banana muffin & squash	2, 4, 7	Marpool made fruit flapjack	2	Marpool made muesli crunch	2	Ice cream & fruit sauce	7	Marpool made cocoa shortcake	2
Dessert option 2:	Organic fruit yogurt or orange segments	7	Organic fruit yogurt or fruit salad	7	Thick & creamy yogurt or fruit bowl	7	Thick & creamy yogurt or fruit salad pots	7	Fruit yogurt or whole fruit	7

WEEK 3 WEEK 3 WEEK 3 WEEK 3 WEEK 3

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Option 1:	Homemade cheese & tomato pizza with herby potatoes (v)	2, 7	Beefy macaroni bake	2, 4, 7	Chicken goujons & chips	2	Roast pork, apple sauce, roast potatoes & gravy	2, 13	Sausage & mash potato	2
Option 2:	Vegetable enchiladas (v)	2	Vegetable lasagne (v)	2, 7	Vegetable spring roll & chips (v)	1, 2, 9, 12, 13	Vegetable pie, apple sauce, roast potatoes & gravy (v)	2, 4	Vegetable burger & mash potato (v)	
Jacket:	Jacket potato with egg mayo & cress (v)	4	Jacket potato with tuna mayo & sweetcorn	4, 5	Jacket potato with cheese & beans (v)	7	Jacket potato with vegetable chilli sauce (v)		Jacket potato with ham & tomato	
Vegetables:	Green beans & carrots		Sugar snap peas & sweetcorn		Salad sticks		Fresh seasonal vegetables		Baked beans	
Bread:	Wholemeal bread	2	Crusty slice	2	Brown / white slice	2	Wholemeal slice	2	Wholemeal slice	2
Salad bar:	Available		Available		Not available		Not available		Available	
Dessert option 1:	Homemade fruit gateau	2, 4, 7	Homemade cookie & squash	2, 4	Homemade cornflake krispie	2	Pancakes & fruit sauce	2, 7	Homemade berry flapjack	2
Dessert option 2:	Organic fruit yogurt or fruit mix	7	Organic yogurt or mixed fruit pot	7	Thick & creamy yogurt or melon mix	7	Thick & creamy yogurt or fruit salad	7	Fruit yogurt or whole fruit	7

Allergenic ingredients key

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur dioxide