

VEGPOWER

Don't forget copies of the vegpower reward chart are available from your school cooks or visit vegpower.org.uk for great tips from the experts and simple recipes from top chefs.

EAT THEM TO DEFEAT THEM



Our dishes are **FRESHLY PREPARED** using seasonal and including local produce



VARIETY OF BREADS BAKED DAILY BY OUR EXPERIENCED SCHOOL CHEFS



Stay hydrated!

Fresh drinking water always available



FRESH FRUIT & Yogurt

available daily!

OUR MENUS MEET ALL THE GOVERNMENT FOOD BASED STANDARDS.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1 24th August , 14th September

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|--------------------|---|--|--|--|--|
| MEAT OPTION | Margherita Pizza Pasta Shapes Sweetcorn Creamy Coleslaw | Brunch Lunch: Farm Assured Back Bacon Scrambled Egg Grilled Tomato Potato Rosti & Baked Beans | Roast Turkey with Sage & Onion Stuffing & Roast Gravy Creamy Mash Medley of Seasonal Vegetables | Organic Meatballs served with Homemade Tomato & Vegetable Sauce Multi Grain Savoury Rice Carrot Batons & Broccoli Florets | Battered Fish Fillet (sustainably caught MSC) served with Lemon Wedge Chips, Baked Beans Salad Bar Selection |
| VEGE OPTION | Roasted Vegetable Pizza Half Jacket Sweetcorn Creamy Coleslaw | Mild Quorn Keema Curry Vegetable Rice Peas | Traditional Cheese Flan Potatoes in their Skins Medley of Seasonal Vegetables | Courgette Sausages Pasta Shapes Carrot Batons Broccoli Florets | Oven Baked Quorn Dippers Half Jacket Mushy Peas Salad Bar Selection |
| DESSERTS | Granola & Yoghurt Fruit Sundae or Bramley Apple Puff | Forest Berry Sponge served with Custard Sauce or Cherry Scone | Strawberry Jelly & Cream or Passion Cake | Vanilla & Lemon Yoghurt Cake or Rice Pudding served with Fruit Couli | Chocolate Ice Cream with Fruit Couli or Cheese & Biscuits |

WEEK 2 31st August, 21st September

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| MEAT OPTION | Roast Gammon Potatoes in the Skins Cauliflower & Broccoli Florets | Chicken & Vegetable Pie Minted Potatoes Carrot & Swede Mash Garden Peas Gravy | Farm Assured Roast Loin of Pork with Apple Sauce & Roast Gravy Roast Potatoes, Creamy Mash Seasonal Medley of Vegetables | Roasted Pepper & Sweetcorn Pizza Tomato Pasta Vegetable Crudite Sweetcorn | Fish Burger in a Bun served with Crunchy Lettuce and Tartare Sauce Chips, Baked Beans Salad Bar Selection |
| VEGE OPTION | Quorn Sweet Chilli Pasta Shapes Salad Bar Selection | Vegetable Pie Minted Potatoes Carrot & Swede Mash Garden Peas | Vegetarian Shepherds' Pie served with Roast Gravy Roast Potatoes Seasonal Medley of Vegetables | Bean & Lentil Loaf Vegetable Cous Cous Vegetable Crudite Sweetcorn | Vegetarian Bean Burger in a Bun with Crunchy Lettuce & Tomato Sauce Half Jacket, Peas Salad Bar Selection |
| DESSERTS | Orange & Cinnamon Roll or Lemon Drizzle Cake | Cherry Shortcake or Strawberry Whip | Seasonal Fruit Crumble served with Custard Sauce or Chocolate Devonshire Splits | Cream Meringues or Carrot Cake | Vanilla Ice cream & Fruit Couli or Fresh Fruit Platter |

WEEK 3 7th September

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| MEAT OPTION | Organic Pork & Vegetable Pastie Minted Potatoes Broccoli & Cauliflower Florets | Organic Beef Bolognese Spaghetti Peas Vegetable Crudite | Roasted Farm Assured Chicken Fillet served with gravy Parsley Potatoes Carrot Batons Savoy Cabbage | Farm Assured British Pork Sausages with Gravy Creamy Potato & Parsnip Mash Green Beans Sweetcorn | Cod or Salmon Fish Fingers (sustainably sourced) served with Tomato Sauce Chips, Peas Salad Bar Selection |
| VEGE OPTION | Quorn Tikka Masala Pilau Rice Salad Bar Selection | Vegetarian Pinwheels Half Jacket Peas Vegetable Crudite | Margherita Pizza Herby Jacket Wedges Carrot Batons Salad Bar Selection | Vegetarian Bites served in Pitta with Crunchy Salad & Relish Bombay Potatoes Sweetcorn Salad Bar Selection | Vegetable Fingers served with Tomato Sauce Half Jacket Baked Beans Salad Bar Selection |
| DESSERTS | Courgette & Lime Cake or Butterscotch Whip | Chocolate & Pear Sponge with Chocolate Sauce or Date Slice | Strawberry Jelly with Fresh Fruit or Banana Flapjack | Bramley Apple Oaty Crumble served with Custard Sauce or Vanilla Ice Cream with Fruit Couli | Cheese & Biscuits or Chocolate & Beetroot Slice |