



# Three choice menu

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. (V) denotes vegetarian option or vegetarian version available.

## April 2024

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## May 2024

M	T	W	T	F	S	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## June 2024

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## July 2024

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## August 2024

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## September 2024

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## October 2024

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Week One Week Two Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
Week one	<p>Meatballs in Tomato Sauce with Spaghetti &amp; Garlic Bread</p> <p>Tomato &amp; Mascarpone Pasta with Garlic Bread (V)</p> <p>Cheese (V) / Tuna / Beans (V) / Coleslaw (V) Jacket Potato</p> <p>Bananas and Custard</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya, wheat. May contain: Lupin, oats, rye.</p>	<p>Chicken in Sweet Chilli Sauce with Stir Fried Vegetables &amp; Noodles</p> <p>Quorn Spaghetti Bolognese with Garlic Bread (V)</p> <p>Knorr Cream of Chicken soup</p> <p>Cheese (V) / Tuna / Ham / Egg (V) Filled Roll</p> <p>Fruity Oat Cookie</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya. May contain: Oats, rye.</p>	<p>Chicken Fajitas with Rice &amp; Sweetcorn</p> <p>Quorn Meatballs with Mash, Seasonal Veg &amp; Gravy (V)</p> <p>Cheese (V) / Tuna / Beans (V) / Coleslaw (V) Jacket Potato</p> <p>Chocolate Mousse with Mandarin Segments</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya. May contain: Celery, crustaceans, molluscs, oats, rye.</p>	<p>Roast Pork, Mash, Seasonal Veg &amp; Gravy</p> <p>Quorn Enchiladas with Rice &amp; Peas (V)</p> <p>Tomato &amp; Basil soup (V)</p> <p>Cheese (V) / Tuna / Ham / Egg (V) Filled Panini</p> <p>Fruit Muffin</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya. May contain: Oats, rye, sulphur dioxide &amp; sulphites.</p>	<p>Harry Ramsden's Fish Fillet, Chips &amp; Peas (mushy or garden)</p> <p>Quorn Enchiladas with Rice &amp; Peas (V)</p> <p>Cheese (V) / Tuna / Beans (V) / Coleslaw (V) Jacket Potato</p> <p>Chef Choice Jelly &amp; Fruit</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya. May contain: Celery, crustaceans, molluscs, oats, rye, sulphur dioxide &amp; sulphites.</p>
Week two	<p>Pulled Pork Wrap with Rice &amp; Coleslaw</p> <p>Cheese &amp; Tomato Panini with Coleslaw &amp; Salad (V)</p> <p>Cheese (V) / Tuna / Beans (V) / Coleslaw (V) Jacket Potato</p> <p>Fruit Lolly Ice</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya. May contain: Celery, crustaceans, molluscs, oats, rye.</p>	<p>Spaghetti Bolognese with Garlic Bread</p> <p>Quorn Wrap with Salad &amp; Coleslaw (V)</p> <p>Leek &amp; Potato soup (V)</p> <p>Cheese (V) / Tuna / Ham / Egg (V) Filled Roll</p> <p>Fruit Flapjack</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya. May contain: Oats, rye.</p>	<p>Chicken Tikka Masala with Rice</p> <p>Macaroni Cheese Pasta Bake with Garlic Bread (V)</p> <p>Cheese (V) / Tuna / Beans (V) / Coleslaw (V) Jacket Potato</p> <p>Strawberry Mousse Break with Strawberries</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya. May contain: Oats, rye.</p>	<p>Roast Beef, Roast Potatoes, Carrots, Yorkshire Pudding &amp; Gravy</p> <p>Quorn Fillet, Roast Potatoes, Carrots, Yorkshire Pudding &amp; Gravy (V)</p> <p>Knorr Cream of Chicken soup</p> <p>Cheese (V) / Tuna / Ham / Egg (V) Filled Panini</p> <p>Chef Choice Jelly &amp; Fruit</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya.</p>	<p>Fish Fingers, Chips &amp; Peas (mushy or garden)</p> <p>Veggie Pizza with Chips &amp; Beans (V)</p> <p>Cheese (V) / Tuna / Beans (V) / Coleslaw (V) Jacket Potato</p> <p>Fruit Sponge &amp; Custard</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya. May contain: Celery, crustaceans, molluscs, oats, rye, sulphur dioxide &amp; sulphites.</p>
Week three	<p>Salmon Fish Fingers, Sweet Potato Fries &amp; Beans</p> <p>Quorn Dippers, Sweet Potato Fries &amp; Beans (V)</p> <p>Cheese (V) / Tuna / Beans (V) / Coleslaw (V) Jacket Potato</p> <p>Frozen Toffee Yoghurt with Banana</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya. May contain: Celery, oats, rye, sulphur dioxide &amp; sulphites.</p>	<p>All day breakfast - Scrambled Egg, Bacon, Sausage, Hash Brown &amp; Beans</p> <p>All Day Veggie Breakfast - Scrambled Egg, Quorn Sausage, Hash Brown &amp; Beans (V)</p> <p>Tomato &amp; Basil soup (V)</p> <p>Cheese (V) / Tuna / Ham / Egg (V) Filled Roll</p> <p>Brownie</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya. May contain: Lupin, oats, rye sulphur dioxide &amp; sulphites.</p>	<p>Chicken Korma with Rice</p> <p>Vegetable Fingers with Herby Potatoes &amp; Sweetcorn (V)</p> <p>Cheese (V) / Tuna / Beans (V) / Coleslaw (V) Jacket Potato</p> <p>Butterfly Cake</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya. May contain: Oats, rye.</p>	<p>Roast Chicken, Mash, Stuffing, Seasonal Veg &amp; Gravy</p> <p>Quorn Sausage &amp; Mash with Gravy &amp; Seasonal Veg (V)</p> <p>Leek &amp; Potato soup (V)</p> <p>Cheese (V) / Tuna / Ham / Egg (V) Filled Panini</p> <p>Chocolate Mousse Break with Banana</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya.</p>	<p>Harry Ramsden's Fish Fillet, Chips &amp; Peas (mushy or garden)</p> <p>Vegetable Chow Mein Stir Fry with Prawn Crackers (V)</p> <p>Cheese (V) / Tuna / Beans (V) / Coleslaw (V) Jacket Potato</p> <p>Cookie &amp; Milkshake</p> <p>Yoghurt - Selection of Flavours</p> <p>Fruit</p> <p>Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya. May contain: Celery, crustaceans, molluscs, oats, rye, sulphur dioxide &amp; sulphites.</p>

Available daily: Water, milk and fruit juice.

