

# Week one

0 18/11 09/12 30/12 20/01 30/02 02/03 23/03

**Choose a main meal...**  
 Chicken Noodle  
 Mexican Bean & Potato  
 Soup & Rice\*\* v (M)  
 Jacket Potato & Cheese or  
 Beans v (A)  
 Cheese Sandwich v (PL)

**on the side...**  
 Broccoli & Cauliflower  
 Medley  
 Green Beans  
**for dessert...**  
 Chocolate Slice or Fresh  
 Fruit or Yoghurt

**Choose a main meal...**  
 Roast Turkey, Roast  
 Potatoes & Gravy (M) (H)  
 Corn Roast, Roast  
 Potatoes & Gravy v (M)  
 Jacket Potato & Cheese or  
 Beans v (A)  
 Hummous & Veg Wrap v

**on the side...**  
 Carrots  
 Cabbage  
**for dessert...**  
 Carrot & Pineapple Slice or  
 Fresh Fruit or Yoghurt

**Choose a main meal...**  
 Chicken Mayo Bun (M) (H)  
 Chile Pizza Hot Dog &  
 Potato Wedges v (M)  
 Jacket Potato & Cheese or  
 Beans v (A)  
 Cheese Sandwich v (PL)

**on the side...**  
 Garden Peas  
 Baked Beans  
**for dessert...**  
 Peach & Chocolate  
 Sponge or Fresh Fruit or  
 Yoghurt

**Choose a main meal...**  
 Lamb Bolognese\*\* (M) (H)  
 Mild Sweet Potato Curry  
 with Rice\*\* v (M)  
 Jacket Potato & Cheese or  
 Beans v (A)  
 Soft Cheese, Cucumber  
 Sandwich v (PL)

# Week two

04/11 25/11 16/12 06/01 27/01 17/02 09/03 30/03

**Choose a main meal...**  
 Spaghetti Bake v (M) (H)  
 Cheese & Tomato Pizza\*\* &  
 Potato Wedges v (M)  
 Jacket Potato & Cheese or  
 Beans v (A)  
 Cheese Sandwich v (PL)

**on the side...**  
 Sweetcorn  
 Broccoli  
**for dessert...**  
 Mango Frozen Yoghurt  
 or Fresh Fruit or Yoghurt

**Choose a main meal...**  
 Roast Chicken, Roast  
 Potatoes & Gravy (M) (H)  
 Sweet Potato & Chickpea  
 Roast v (M)  
 Jacket Potato & Cheese or  
 Beans v (A)  
 Soft Cheese, Cucumber  
 Wrap v (PL)

**on the side...**  
 Roast Parsnips  
 Carrots  
**for dessert...**  
 Flapjack with Fruit Slices  
 or Fresh Fruit or Yoghurt

**Choose a main meal...**  
 Lamb Lasagne (M) (H)  
 Butternut Squash &  
 Tomato Bake & Rice\*\* v (M)  
 Jacket Potato & Cheese or  
 Beans v (A)  
 Cheese Sandwich v (PL)

**on the side...**  
 Green Beans  
 Broccoli & Cauliflower  
 Medley  
**for dessert...**  
 Chocolate Cake or Fresh  
 Fruit or Yoghurt

**Choose a main meal...**  
 Roast Turkey, Roast  
 Potatoes & Gravy (M) (H)  
 Veggie Pastry Slice, Roast  
 Potatoes & Gravy v (M)  
 Jacket Potato & Cheese or  
 Beans v (A)  
 Hummous & Veg Wrap v

# Week three

11/11 02/12 23/12 13/01 03/02 24/02 16/03 06/04

**Choose a main meal...**  
 Cheese & Tomato Pizza\*\* &  
 Potato Wedges v (M) (H)  
 Vegetable Bake with Rice\*\*  
 v (M)  
 Jacket Potato & Cheese or  
 Beans v (A)  
 Cheese Sandwich v (PL)

**on the side...**  
 Carrots  
 Garden Peas  
**for dessert...**  
 Creamy Baked Orange &  
 Vanilla Rice Pudding or  
 Fresh Fruit or Yoghurt

**Choose a main meal...**  
 Chicken Korma & Rice\*\*  
 (M) (H)  
 Vegetarian Sausages,  
 Mash Potato & Gravy v (M)  
 Jacket Potato & Cheese or  
 Beans v (A)  
 Egg Mayo Wrap v (PL)

**on the side...**  
 Roasted Peppers &  
 Sweetcorn  
 Green Beans  
**for dessert...**  
 Oat Biscuit with Fruit  
 Slices or Fresh Fruit or  
 Yoghurt

**Choose a main meal...**  
 Lamb Bolognese\*\* (M) (H)  
 Mild Sweet Potato Curry  
 with Rice\*\* v (M)  
 Jacket Potato & Cheese or  
 Beans v (A)  
 Soft Cheese, Cucumber  
 Sandwich v (PL)

**on the side...**  
 Broccoli  
 Mediterranean Vegetables  
**for dessert...**  
 Chocolate & Raspberry  
 Swirl Cake & Custard or  
 Fresh Fruit or Yoghurt

**Choose a main meal...**  
 Chicken Korma & Rice\*\*  
 (M) (H)  
 Vegetarian Sausages,  
 Mash Potato & Gravy v (M)  
 Jacket Potato & Cheese or  
 Beans v (A)  
 Egg Mayo Wrap v (PL)

All our  
 milk is Red  
 Tractor  
 approved

WE  
 BUY 95%  
 of our seasonal  
 vegetables  
 direct from  
 British growers

FRESH SALAD  
 IS AVAILABLE ON  
 A DAILY BASIS

REDUCING OUR  
 CARBON  
 FOOTPRINT  
 OVER 30%  
 of our products are  
 transported by vehicles  
 that run on biodiesel

FAIRTRADE  
 All our  
 bananas are  
 FAIRTRADE

ALL OUR  
 BREAD IS  
 FRESHLY BAKED  
 EVERY DAY

FARM TO FORK  
 We can trace every  
 cut of meat back to  
 the farms of origin

We only use  
 Lion Quality  
 British Eggs

WE SUPPORT  
 82  
 BRITISH  
 DAIRY  
 FARMS

mary School Menu - AW 2019 - 2020  
 Haldi, V=Vegetarian, A=Alternative, Y=Suitable for Vegetarian Diet, \*\*=Wholegrain  
 1 Lunch, comes with a Salad, a Fruit & Dessert of the Day.