



# 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. 🌱 denotes a healthy choice meal.

**November 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	

**December 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					

**January 2025**

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		

**February 2025**

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		

**March 2025**

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						

**April 2025**

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

## Monday

**Week one**

- Sausage and mash with peas and gravy
- 🌱 Veggie sausage and mash with peas and gravy (v)
- 🌱 Cheese (v) / tuna / beans (v) jacket potato
- Apple crumble and custard

Contains: Milk, Cereals containing Gluten, Fish, Mustard, Eggs, Soya. May contain: Celery, Soya, Sulphur Dioxide and Sulphites.

## Tuesday

- 🌱 Scouse with crusty bread and cabbage/beetroot
- Quorn (v) dippers with herby potatoes and sweetcorn
- 🌱 Leek and potato soup (v)
- 🌱 Tuna / cheese (v) / ham / egg (v) filled roll
- Butterfly cake

Contains: Cereals containing Gluten, Eggs, Milk, Soya, Mustard, Fish. May contain: Sesame Seeds.

## Wednesday

- Chilli and rice with nachos
- 🌱 Vegetarian lasagne and salad (v)
- 🌱 Cheese (v) / tuna / beans (v) jacket potato
- Brownie and ice cream

Contains: Milk, Eggs, Mustard, Fish, Cereals containing Gluten, Soya. May contain: Celery.

## Thursday

- 🌱 Roast chicken with roast potatoes, carrots and gravy
- Chinese 5 Spice quorn fillet with twister fries and peas (v)
- Cream of chicken soup
- 🌱 Tuna / cheese (v) / ham / egg (v) panini
- Cheesecake

Contains: Milk, Eggs, Mustard, Fish, Cereals containing Gluten. May contain: Sesame, Soya.

## Friday

- Fish fillet with chips and peas
- 🌱 Veggie korma with rice and naan (v)
- 🌱 Cheese (v) / tuna / beans (v) jacket potato
- Fruit sponge and custard

Contains: Milk, Eggs, Mustard, Fish, Cereals containing Gluten, Soya. May contain: Celery.

**Week two**

- 🌱 Cottage pie with veg and gravy
- Quorn cottage pie with veg and gravy (v)
- 🌱 Cheese (v) / tuna / beans (v) jacket potato
- Fruit flapjack

Contains: Milk, Eggs, Mustard, Fish, Cereals containing Gluten, Sulphur Dioxide/Sulphites.

- Hunters chicken with mediterranean cous cous
- 🌱 Veggie quiche with mediterranean cous cous (v)
- 🌱 Tomato and basil soup
- 🌱 Tuna / cheese (v) / ham / egg (v) filled roll
- Cherry Crumble & Custard

Contains: Milk, Eggs, Mustard, Fish, Cereals containing Gluten, Soya. May contain: Sesame, Celery.

- 🌱 Salmon and broccoli pasta bake
- Quorn pieces tikka masala with rice and naan (v)
- 🌱 Cheese (v) / tuna / beans (v) jacket potato
- Lemon sponge

Contains: Milk, Eggs, Mustard, Fish, Sulphur Dioxide and Sulphites, Celery. May contain: Sesame.

- Roast beef with mash, veg, Yorkshire pudding and gravy
- 🌱 Vegetable pasta bake (v)
- Minestrone soup
- 🌱 Tuna / cheese (v) / ham / egg (v) panini
- Jelly and fruit

Contains: Milk, Eggs, Mustard, Fish, Cereals containing Gluten. May contain: Celery, Sesame.

- Fish fingers with chips and peas
- Cheese pie with chips and peas (v)
- 🌱 Cheese (v) / tuna / beans (v) jacket potato
- Frozen yoghurt

Contains: Milk, Eggs, Mustard, Fish, Celery, Cereals containing Gluten. May contain: Soya.

**Week three**

- Mince and onion pie with mash, gravy and peas
- 🌱 Piri piri quorn fillet with rice and peas (v)
- 🌱 Cheese (v) / tuna / beans (v) jacket potato
- Cookie

Contains: Milk, Eggs, Mustard, Fish, Cereals containing Gluten, Soya, Celery. May contain: Sesame.

- Scrambled egg with hash brown, beans, mushrooms and bacon OR sausage
- Scrambled egg with quorn sausage, hash brown and beans (v)
- Cream of chicken soup
- 🌱 Tuna / cheese (v) / ham / egg (v) filled roll
- Sponge pudding and custard

Contains: Milk, Eggs, Mustard, Fish, Cereals containing Gluten, Sulphur Dioxide and Sulphites, Soya. May contain: Lupin, Celery.

- Chicken curry with rice and naan bread
- 🌱 Veggie burger with herby potatoes and beans (v)
- 🌱 Cheese (v) / tuna / beans (v) jacket potato
- Ice cream and fruit

Contains: Milk, Eggs, Mustard, Fish, Cereals containing Gluten, Celery.

- 🌱 Roast gammon and roast potatoes, veg and gravy
- Mac and cheese with garlic bread (v)
- 🌱 Leek and potato soup
- 🌱 Tuna / cheese (v) / ham / egg (v) panini
- Apple pie and custard

Contains: Milk, Eggs, Mustard, Fish, Soya, Cereals containing Gluten, Soya, Sulphur Dioxide & Sulphites. May contain: Celery.

- 🌱 Fish stars with wedges and peas
- Veggie pizza with wedges and beans (v)
- 🌱 Cheese (v) / tuna / beans (v) jacket potato
- Trifle

Contains: Milk, Eggs, Mustard, Fish, Cereals containing Gluten, Celery, Soya.

Available daily: Fresh Fruit, Yoghurt, Water, Milk and Fruit Juice.

Week One Week Two Week Three

