















WEEK ONE

Week Commencing: : 8th May 2017/ 5th June / 26th June /17th July / 11th September / 2nd October /30th October.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Roast Pork Potato Smiles Green Beans & Diced Carrots with Gravy	 Pasta Bolognese (Beef or Vegetarian) Garlic Bread Peas & Sweetcorn	 Cottage Pie made with Minced Beef Broccoli & Cauliflower with Gravy	 Pork Meatballs served in Gravy Diced Potatoes Mixed Vegetables	Cheese & Tomato Pizza Potato Wedges Seasonal Mixed Salad or Seasonal Vegetables
Fish Cake Potato Smiles Green Beans & Diced Carrots	 Roast Chicken Breast with Sage & Onion Stuffing Creamed Potatoes Peas & Sweetcorn & Gravy	 Roast Turkey Roasted Potatoes Broccoli & Cauliflower with Gravy	 Omelette Diced Potatoes Mixed Vegetables	Seaside Style Fillet of Fish Potato Wedges or Couscous Seasonal Vegetables
Vegetarian Sausage Roll Potato Smiles Green Beans & Diced Carrots	Country Bake Creamed Potatoes Peas & Sweetcorn	Cornish Cheese & Onion Pasty Roasted Potatoes Broccoli & Cauliflower	 Quorn Swedish-style Balls served in Gravy Diced Potatoes Mixed Vegetables	 Vegetarian Pasta Bolognese with Seasonal Vegetables
Ice Cream Tub	 Banana in Custard Sauce	 Apple Eve Sponge or Crumble Custard Sauce	 Cocoa Cookies Custard Sauce	 Fruit Salad **  Milk Shake

ALTERNATIVES AVAILABLE DAILY

Seasonal fruit platter / Yeo Valley organic fruit yoghurt / Ambrosia rice pot / cheese with crackers and a choice of fruit juice drink.
 Jacket potato / rice / pasta / egg noodles or couscous can be substituted for potatoes. A seasonal salad bar is available to choose from daily.
 Ketchup available with selected dishes.

 Denotes freshly prepared dishes.













Menus may change to meet customers' preferences, a promotional event and seasonal variation.
 A range of locally sourced products are used when available and all our seafood is MSC certified.
Allergies - please contact your school cook for more information about the content of menu items.



MSC - C - 50678

WEEK TWO

Week Commencing: 15th May 2017 / 12th June / 3rd July / 24th July / 18th September / 9th October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Bacon Steak with Pineapple Chips Baked Beans & Peas	 Beef Lasagne made with Minced Beef Carrots & Broccoli	 Roast Pork with Apple Sauce Roast Potatoes Cabbage, Carrots & Gravy	 Beef Grill ½ Jacket Potato with Mixed Salad or Mixed Vegetables	Cheese & Tomato Pizza with Potato Wedges Peas & Sweetcorn
Southern Style Chicken Goujons Chips Baked Beans & Peas	 Roast Chicken Breast with Sage & Onion Stuffing Herby Diced Potatoes Carrots & Broccoli	Traditional Cornish Pasty Roast Potatoes Cabbage & Carrots with Gravy	 Cheesy Jacket Potato with Baked Beans or Mixed Vegetables	Fish Fingers With Potato Wedges Peas & Sweetcorn
 Quorn Fillet Chips Baked Beans & Peas	 Quorn Tikka Pasty Herby Diced Potatoes Carrots & Broccoli	Quorn Roast Roast Potatoes Cabbage & Carrots with Gravy	 Pasta Bake with Garlic Bread Mixed Vegetables	 Vegetarian Quorn Curry Served with Rice Carrots
 Iced Bun	 Jelly & Fruit	 Apple Crumble Custard Sauce	 Tropical Fruit Salad Milk Shake	 Oat, Raisin & Lemon Cookie

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WEEK THREE

Week Commencing: 1st May 2017 / 22nd May / 19th June / 10th July / 4th September / 25th September / 16th October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Pork Sausages Diced Potatoes Carrots & Peas with Gravy</p>	 <p>Chicken Korma Curry with Rice & Naan Bread Sweetcorn & Green Beans</p>	 <p>Roast Beef with Yorkshire Pudding Roast Potatoes, Broccoli & Carrots with Gravy</p>	 <p>Chicken Breast Creamed Potatoes Peas & Sweetcorn with Gravy</p>	<p>Cheese & Tomato Pizza Chips with Baked Beans or Seasonal Mixed Salad & Coleslaw</p>
<p>Traditional Cornish Pastry Diced Potatoes Carrots & Peas with Gravy</p>	<p>Fish Fingers Potato Wedges with Sweetcorn & Green Beans</p>	 <p>Quorn Roast Roast Potatoes Broccoli & Carrots with Gravy</p>	<p>Filled Jacket Potato Filling choices: Tuna with Mayonnaise or Cheese with Baked Beans served with Salad or Peas</p>	<p>Lemon Salmon Fillet with Chips Baked Beans or Seasonal Mixed Salad & Coleslaw</p>
<p>Tasty Bean Bake Diced Potatoes Carrots & Peas</p>	 <p>Cheesy Whirl with Potato Wedges Sweetcorn & Green Beans</p>	 <p>Pasta Bake Garlic Bread Broccoli & Carrots</p>	 <p>Vegetarian Sausage Creamed Potatoes Peas & Sweetcorn with Gravy</p>	 <p>Quorn Burger in a Bun with Chips Baked Beans or Seasonal Mixed Salad & Coleslaw</p>
<p>Mango & Orange Iced Fruit Smoothie **</p>  <p>Milk Shake</p>	<p>Ice Cream Sponge Roll</p>	 <p>Chocolate & Pear Sponge or Crumble with Custard Sauce</p>	<p>Rice Pudding with Fruit</p>	<p>Raspberry Mousse Slice</p>

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