

# School Meals Standard Menu

Please note: Halal alternatives will be used where appropriate.

Choose 1 portion of protein

1 Portion of carbohydrate

Try to eat 5 portions of fruit & veg every day

Try to eat only 2 or 3 times a week

Dairy

Monday  
Tuesday  
Wednesday  
Thursday  
Friday



Week One	Week Two	Week 3
Chicken Fajitas Wraps Golden Breaded Cod Served with Chipped Potatoes Sweet Garden Peas  Home Made Wellington Fudge Pudding Home Made Coconut Biscuits & Milk	Juicy Baked Sausages Home Made Cheese & Onion Pie Creamed Potatoes Fresh Seasonal Carrots  Lemon Citrus Sponge & Lemon Sauce Fruit Mousse	Spaghetti Bolognaise Delicious Vegetable Country Flan Boiled Potatoes Fresh Seasonal Carrots  Home Made Canadian Ginger Sponge Angel Delight & Fruit Cocktail
Home Made Lamb Rogan Josh Rice & Pitta Bread Home Made Cheese & Tomato Pizza Italiana Roasted Potatoes Golden Sweetcorn  Gainsborough Tart & Custard Fruit & Jelly	Tender Pork Steak (Halal option—Fish) Pasta Tomato & Roast Vegetable Sauce Crusty Bread Baby New Potatoes Fresh Broccoli Florets Coconut Sponge & Custard Flapjack & Milk	Home Made Succulent Burgers Cheese & Savoury Whirls Roast Potatoes Sweet Garden Peas  American Toffee Muffins Fruity Bananas & Custard
Tender Roast Beef (Halal option—lamb) Healthy Choice Pasta Bake & Crusty Bread Baby New Potatoes Fresh Broccoli Florets Home Made Cornflake Tart & Custard Home Made Crumbly Oat Cookies	Mild Chicken Curry & Rice Golden Salmon Fish Cakes Boiled Potatoes Golden Succulent Sweetcorn  Home Made Paris Sandwich Multi Coloured Fresh Fruit Salad	Home Made Top Crust Tender Pork Pie (Halal option—lamb) Vegetable Curry & Rice Creamed Potatoes Golden Succulent Sweetcorn Steamed Chocolate Sponge & Chocolate Sauce Home Made Zingy Ginger Nut Fingers & Milk
Home Made Cottage Pie & Red Cabbage Springtime Ravioli Smiley's Green Beans  Creamy Rice Pudding & Jam American Banana Muffin	Tender Roast Lamb & Mint Sauce Home Made Cheese Pizza Roasted Potatoes Sweet Garden Peas  Apple Crunchy Crumble & Custard Home Made Shortbread Biscuit & Milk	Tender Turkey Dinner Vegetable Lasagne & Garlic Bread Baby New Potatoes Fresh Broccoli Florets  Creamy Rice Pudding & Sultanas Manchester Tart
Chinese Sweet & Sour Pork (Halal option—chicken) Rice or Noodles Salmon Parcel Surprise Baby Boiled Potatoes Peas & Sweetcorn  Sultana Sponge & Vanilla Sauce Ice Cream	Mexican Chilli & Rice Golden Fish Fingers Potato Croquettes Juicy Baked Beans  Bakewell Tart & Custard Fruit Scone	BBQ Chicken Drumsticks Baked Fish Fiesta Potato Wedges Juicy Baked Beans  Marble Cake & Strawberry Sauce Cheese & Crackers



Filled Baked Potatoes  
 Fresh Fruit  
 Salad Bar  
 Yoghurt  
 Served Daily  
 Sandwiches  
 Bread Basket

