

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|-------------------|--|---|---|--|--|-------------|
| LUNCH | Turkey and Herb Meatballs, Fusilli Pasta or Grilled Gammon Steak and Potato Wedges Carrots and Broccoli | Stir Fried Pork in Hoisin Sauce, Egg Noodles or Cottage Pie Sweetcorn | Macaroni Cheese with Smoked Bacon and Peas or Tandoori Salmon, Bombay potatoes and Greens | Roast Beef or Chicken Jambalaya Roast Potatoes, Fine Beans and Carrots | Battered Cod Fillet, Tartare Sauce, Peas, Chips or Mushroom and Mozzarella Risotto Cakes | D |
| VEGETARIAN | Vegetarian Meatballs in Tomato Sauce | Quorn Cottage Pie | Creamy Macaroni Cheese | Vegetable Jambalaya | Mushroom and Mozzarella Risotto Cakes | Z |
| DESSERT | Plum Sponge and Custard or Mixed Fruit Yoghurt | Baked Blackberry Cheesecake or Apricot Jam Tart | Homemade Chocolate Brownie or Fresh Fruit | Apple Pie or Creamy Mixed Fruit Yoghurt | Choc Ice or Muffin | E |
| NURSERY & PREPREP | Turkey Meatballs in Tomato Sauce with Fusilli Pasta Broccoli Fruit Sponge and Custard | Cottage Pie with Puff Pastry Mashed Potato Sweetcorn Blackberry Cheesecake | Pork Sausages Macaroni Peas and Diced Carrots Homemade Chocolate Brownie | Roast Turkey Cranberry Sauce Roast Potatoes Broccoli and Sweetcorn Fruit Yoghurt | Fish Fingers Chips and Baked Beans Muffin | M WEEK 1 |

Also available everyday: A wide choice of cold meats, daily salad specials, homemade soup, jacket potatoes, yoghurt, fruit salad and fresh fruit - all from the salad bar. Autumn Term 2019

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|-------------------|---|--|--|---|---|--|
| LUNCH | Beef and Herb Meatballs, Penne Pasta or Smoked Haddock and Mozzarella Fishcakes Wedges, Green Beans, Sweetcorn | Cumberland or Chicken and Herb Sausages or Prawn and Chorizo Paella Mashed Potato, Peas and Carrots | Chicken Katsu Curry Steamed Wholegrain Rice or Beef Lasagne Garlic Bread, Sweetcorn, Broccoli | Honey Roast Gammon or Lamb Tagine and Herb Couscous Roast Potatoes, Cauliflower Cheese and Carrots | Beef Burger in Bap or Homemade Pizza Peas, Chips | |
| VEGETARIAN | Potato and Vegetable Cakes | Vegetarian Sausages | Chickpea, Spinach and Sweet Potato Curry with Wholegrain Rice | Cauliflower Cheese | Homemade Pizza | |
| DESSERT | Apple and Pear Crumble or Fresh Fruit | Lemon Drizzle Cake or Fruit Salad | Ice Cream and Strawberry Sauce or Fruit Yoghurt | Brioche Bread and Butter Pudding or Mixed Fruit Jelly | Butterscotch Brownie or Flapjack | |
| NURSERY & PREPREP | Chicken and Herb Meatballs Penne Pasta, Sweetcorn Apple Crumble with Custard | Sausages Mashed Potatoes, Peas and Carrots Lemon Drizzle Cake | Bolognese with Pasta Broccoli Ice Cream and Strawberry Sauce | Roast Gammon Green Beans, Baton Carrots, Roast Potatoes Brioche Bread and Butter Pudding | Homemade Pizza Chips, Peas Butterscotch Brownie | |

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|-------------------|---|---|--|---|--|-----------------------------------|
| LUNCH | Beef Bolognese with Fusilli Pasta or Sticky Maple Pork, Sweet Pepper Rice or Sweetcorn and Broccoli | Chicken and Leek Pie Roasted Red Onion, Celeriac and New Potatoes or Fish Fingers, Mashed Potato and Beans | Malaysian Beef Curry, Steamed Rice and Lime Pickle or Parmesan Turkey Steak, Mashed Potato, Sweetcorn, Green Beans | Roast Pork or Creamy Salmon Pasta Bake or Broccoli, Baton Carrots, Roast Potatoes | Homemade Southern Fried Chicken, Sweetcorn, Chips, Peas or Cornish Pasty Chips | D Z W M WEEK 3 |
| VEGETARIAN | Vegetarian Bolognese | Leek, Potato and Cheddar Pie | Red Pepper and Sweet Potato Curry | Squash and Ricotta Pasta Bake | Quorn Sausages | |
| DESSERT | Banoffee Pie or Fresh Fruit | Ginger Syrup Sponge or Fruit Yoghurt | Ice Cream or Fruit Salad | Sticky Toffee Pudding or Mixed Fruit Yoghurt | Raspberry, Coconut and Chocolate Lamingtons or Flapjack | |
| NURSERY & PREPREP | Pasta Bolognese or Broccoli or Banoffee Pie | Fish Fingers or Baked Beans, Mashed Potatoes or Fruit Yoghurt | Chicken Cutlets with Mashed Potato or Sweetcorn, Green Beans or Ice Cream | Roast Gammon or Broccoli, Baton Carrots, Roast Potatoes or Sticky Toffee Pudding | Sausages or Peas, Chips or Raspberry and Chocolate Sponge | |

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