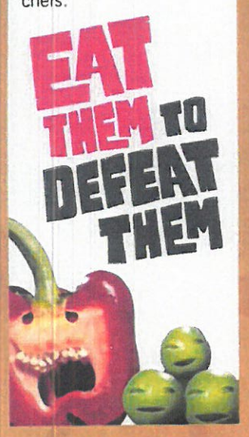
VEGPOWER

Don't forget copies of the vegpower reward chart are available from your school cooks or visit **vegpower.org.uk** for great tips from the experts and simple recipes from top chefs.

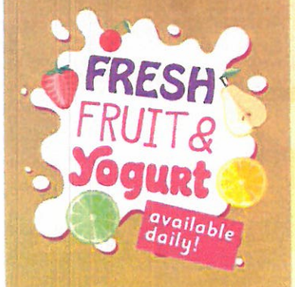


Our dishes are **FRESHLY PREPARED** using seasonal and including local produce



VARIETY OF **BREADS** BAKED DAILY BY OUR EXPERIENCED SCHOOL CHEFS





OUR MENUS MEET ALL THE GOVERNMENT FOOD BASED STANDARDS.

FOOD FOR LIFE SERVED HERE Soil Association

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	21st Oct, 11th Nov, 2nd Dec, 6th Jan, 27th Jan, 24th Feb, 16th Mar, 20th Apr, 11th May, 8th Jun, 29th Jun				
OPTION ONE	**Margherita Pizza** Pasta Shapes Sweetcorn Creamy Coleslaw	**Brunch Lunch:** Farm Assured Back Bacon Scrambled Egg Grilled Tomato Potato Rosti & Baked Beans	**Roast Turkey with Sage & Onion Stuffing & Roast Gravy** Creamy Mash Medley of Seasonal Vegetables	**Organic Meatballs served with Homemade Tomato & Vegetable Sauce** Multi Grain Savoury Rice Carrot Batons & Broccoli Florets	**Battered Fish Fillet** (sustainably caught MSC) served with Lemon Wedge Chips, Baked Beans Salad Bar Selection
OPTION TWO	**Roasted Vegetable Pizza** Half Jacket Sweetcorn Creamy Coleslaw	**Mild Quorn Keema Curry** Vegetable Rice Peas	**Traditional Cheese Flan** Potatoes in their Skins Medley of Seasonal Vegetables	**Courgette Sausages** Pasta Shapes Carrot Batons Broccoli Florets	**Oven Baked Quorn Dippers** Half Jacket Mushy Peas Salad Bar Selection
OPTION THREE	**Jacket Potato served with Vegetarian Mild Chilli** Salad Bar Selection	**Creamy Mushroom Pasta Bake** Salad Bar Selection	**Jacket Potato served with Baked Beans & Fruity Coleslaw** Salad Bar Selection	**Jacket Potato served with Chicken Curry** Salad Bar Selection	**Jacket Potato served with Tuna & Sweetcorn Mayonnaise** Salad Bar Selection
DESSERTS	**Granola & Yoghurt Fruit Sundae** or **Bramley Apple Puff**	**Forest Berry Sponge served with Custard Sauce** or **Cherry Scone**	**Strawberry Jelly & Cream** or **Passion Cake**	**Vanilla & Lemon Yoghurt Cake** or **Rice Pudding served with Fruit Couli**	**Chocolate Ice Cream with Fruit Couli** or **Cheese & Biscuits**
WEEK 2	28th Oct, 18th Nov, 9th Dec, 13th Jan, 3rd Feb, 2nd Mar, 23rd Mar, 27th Apr, 18th May, 15th Jun, 6th Jul				
OPTION ONE	**Roast Gammon** Potatoes in the Skins Cauliflower & Broccoli Florets	**Chicken & Vegetable Pie** Minted Potatoes Carrot & Swede Mash Garden Peas Gravy	**Farm Assured Roast Loin of Pork with Apple Sauce & Roast Gravy** Roast Potatoes, Creamy Mash Seasonal Medley of Vegetables	**Roasted Pepper & Sweetcorn Pizza** Tomato Pasta Vegetable Crudite Sweetcorn	**Fish Burger in a Bun served with Crunchy Lettuce and Tartare Sauce** Chips, Baked Beans Salad Bar Selection
OPTION TWO	**Quorn Sweet Chilli** Pasta Shapes Salad Bar Selection	**Vegetable Pie** Minted Potatoes Carrot & Swede Mash Garden Peas Gravy	**Vegetarian Shepherds' Pie served with Roast Gravy** Roast Potatoes Seasonal Medley of Vegetables	**Bean & Lentil Loaf** Vegetable Cous Cous Vegetable Crudite Sweetcorn	**Vegetarian Bean Burger in a Bun with Crunchy Lettuce & Tomato Sauce** Half Jacket, Peas Salad Bar Selection
OPTION THREE	**Jacket Potato served with Baked Beans & Creamy Coleslaw** Salad Bar Selection	**Cheese, Onion & Potato Cake** served with Fresh Tomato Sauce Salad Bar Selection	**Jacket Potato with Vegetarian Bolognaise topping** Salad Bar Selection	**BBQ Chicken Wrap served with Tomato Salsa** Salad Bar Selection	**Macaroni Cheese** Peas Salad Bar Selection
DESSERTS	**Orange & Cinnamon Roll** or **Lemon Drizzle Cake**	**Cherry Shortcake** or **Strawberry Whip**	**Seasonal Fruit Crumble served with Custard Sauce** or **Chocolate Devonshire Splits**	**Cream Meringues** or **Carrot Cake**	**Vanilla Ice cream & Fruit Couli** or **Fresh Fruit Platter**
WEEK 3	4th Nov, 25th Nov, 16th Dec, 20th Jan, 10th Feb, 9th Mar, 30th Mar, 4th May, 1st Jun, 22nd Jun, 13th Jul				
OPTION ONE	**Organic Pork & Vegetable Pastie** Minted Potatoes Broccoli & Cauliflower Florets	**Organic Beef Bolognaise** Spaghetti Peas Vegetable Crudite	**Roasted Farm Assured Chicken Fillet served with gravy** Parsley Potatoes, Carrot Batons Savoy Cabbage	**Farm Assured British Pork Sausages with Gravy** Creamy Potato & Parsnip Mash Green Beans Sweetcorn	**Cod** **Fish Fingers** (sustainably sourced) served with Tomato Sauce Chips, Peas Salad Bar Selection
OPTION TWO	**Quorn Tikka Masala** Pilau Rice Salad Bar Selection	**Vegetarian Pinwheels** Half Jacket Peas Vegetable Crudite	**Margherita Pizza** Herby Jacket Wedges Carrot Batons Salad Bar Selection	**Vegetarian Bites served in Pitta with Crunchy Salad & Relish** Bombay Potatoes Sweetcorn Salad Bar Selection	**Vegetable Fingers served with Tomato Sauce** Half Jacket Baked Beans Salad Bar Selection
OPTION THREE	**Roasted Vegetable Fajita Wrap** Salad Bar Selection	**Jacket Potato served with Chicken Mayonnaise** Salad Bar Selection	**Tuna Pasta Bake** Salad Bar Selection	**Jacket Potato with Cheese & Creamy Coleslaw** Salad Bar Selection	**Falafel served in Pitta with a Crunchy Salad and Mint Raita** Salad Bar Selection
DESSERTS	**Courgette & Lime Cake** or **Butterscotch Whip**	**Chocolate & Pear Sponge with Chocolate Sauce** or **Date Slice**	**Strawberry Jelly with Fresh Fruit** or **Banana Flapjack**	**Bramley Apple Oaty Crumble served with Custard Sauce** or **Vanilla Ice Cream with Fruit**	**Cheese & Biscuits** or **Chocolate & Beetroot Slice**

* 'stuffed crust' denotes that all pizza bases contain added grated vegetables