
















































Spring Term Menu

SECAT

Week commencing: 01/01, 22/01, 12/02, 11/03

(H) = Halal meat

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Meat	Halal beef Lasagne, garlic bread slice with broccoli (H)    	Pork sausage roll, potato smiles with carrots or baked beans   	Roast Halal turkey, roast potatoes, mixed vegetables, yorkshire pudding and gravy (H)   	Halal chicken korma curry with rice & sweetcorn (H) 	Gluten free battered fish & chips with beans or peas 
	Vegetarian /Vegan	Mac & cheese with broccoli    	Cheese & onion pasty, potato smiles with carrots or baked beans   	Roast vegan Quorn fillet, roast potatoes, mixed vegetables, yorkshire pudding and gravy   	Chickpea & vegetable korma curry with rice & sweetcorn 	Vegan fishless fish finger & chips with beans or peas  
	Jacket potato	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  
	Dessert	Frozen yogurt 	Shortbread  	Jelly 	Fruit cocktail & whipped cream 	Ice cream sponge roll     



GLUTEN



SOYA



EGGS



MILK



WHEAT



SULPHITES



DAIRY



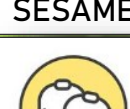
FISH



MUSTARD



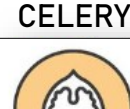
SESAME



LUPIN




























































































CELERY



NUTS

We are nut free schools

WEEK 2	Week commencing: 08/01, 29/01, 26/02, 18/03					
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Meat	Smoked salmon mac & cheese with broccoli    	Battered chicken chunks with rice & peas  	Roast Halal turkey, roast potatoes, mixed vegetables, yorkshire pudding and gravy (H)   	Halal spaghetti bolognese with carrots (H) 	All day breakfast  
	Vegetarian /Vegan	Mac & cheese with broccoli    	Vegetable nuggets with rice & peas  	Roast vegan Quorn fillet, roast potatoes, mixed vegetables, yorkshire pudding and gravy   	Quorn spaghetti bolognese with carrots 	Vegetarian all day breakfast   
	Jacket potato	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  
	Dessert	Frozen smoothie 	Shortbread  	Jelly 	Cherry sponge with custard     	Frozen mousse 

WEEK 3	Week commencing: 15/01, 05/02, 04/03, 25/03					
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Meat	Cheese & tomato pizza with sweetcorn  	Gluten free pork meatballs in tomato sauce with rice & carrots (H)  	Roast Halal turkey, roast potatoes, mixed vegetables, yorkshire pudding and gravy (H)    	Pork sausages with mashed potato, peas & gravy   	Halal battered chicken nuggets & potato wedges with beans or peas (H)  
	Vegetarian/Vegan	Tomato pasta bake with sweetcorn 	Vegan Quorn meatballs in tomato sauce with rice & carrots  	Roast vegan Quorn fillet, roast potatoes, mixed vegetables, yorkshire pudding and gravy    	Vegan Quorn sausage with mashed potato, peas & gravy 	Quorn vegan nuggets & potato wedges with beans or peas  
	Jacket potato	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  	Jacket potato with 2 toppings: cheese, ham, beans, tuna mayo  
	Dessert	Frozen yogurt 	Lemon sponge     	Jelly 	Fruit crumble with custard   	Raspberry ripple ice cream pot 

A selection of fresh fruit, salad, bread and yogurts available daily.

For information regarding allergens and dietary needs, please speak to the school office.