

| <b>WEEK 1</b>   |   |  |  |  |
|---|---|--|--|--|
| <b>MONDAY</b>   | <b>TUESDAY</b>  | <b>WEDNESDAY</b>   | <b>THURSDAY</b>  | <b>FRIDAY</b>  |
| Breaded chicken, savoury rice, peas and sweetcorn                             | Roast pork in gravy, roast potatoes, sage and onion stuffing, swede and carrots | Pork meatballs in a rich and rustic tomato and basil sauce served with tri-coloured pasta and side salad       | Cheese and tomato pizza, herby potatoes, sweetcorn cobette and ketchup             | Salmon fishcakes, mashed potato and beans                                    |
| Vegetable Kiev, savoury rice, peas and sweetcorn                              | Macaroni cheese, swede and carrots  | Vegetarian meatballs in a rich and rustic tomato and basil sauce served with tri coloured pasta and side salad | Mediterranean vegetable quiche, herby potatoes and sweetcorn cobette               | Omelette, mashed potato and beans  |
| * Jacket potato served with cheese and side salad                             | * Jacket potato served with beans and side salad                                | * Jacket potato served with tuna mayonnaise and side salad   | * Jacket potato served with cheese and carrot/cucumber sticks                      | * Jacket potato served with beans and side salad                             |
| Strawberry & Vanilla mousse<br>Or<br>Organic fruit yoghurt/Fresh fruit        | Blackcurrant jelly and ice cream<br>Or<br>Organic fruit yoghurt/Fresh fruit     | Gingerbread<br>Or<br>Organic fruit yoghurt/Fresh fruit   | Banana bread and custard<br>Or<br>Organic fruit yoghurt/Fresh fruit                | Pancakes, fruit and squirty cream<br>Or<br>Organic fruit yoghurt/Fresh fruit |
| <b>WEEK 2</b>   |   |  |  |  |
| <b>MONDAY</b>   | <b>TUESDAY</b>  | <b>WEDNESDAY</b>   | <b>THURSDAY</b>  | <b>FRIDAY</b>  |
| Chicken breast in gravy, new potatoes and seasonal vegetables                 | Jacket potato served with tuna mayonnaise and tomato/cucumber salsa salad       | Beef burger in a wholemeal bun, wedges, side salad and ketchup   | Tri coloured pasta Bolognese served with carrots and garlic bread                  | Jumbo fish finger, chips and peas  |
| Quorn fillet in gravy, new potatoes and seasonal vegetables                   | Jacket potato served with cheese, beans and tomato/cucumber salsa salad         | Spicy bean burger in a wholemeal bun, wedges and side salad  | Tri coloured pasta soya mince Bolognese served with carrots and garlic bread       | Vegetable fingers, chips and peas  |
| * Jacket potato served with cheese and side salad                             | * Jacket potato served mild chilli and tomato/cucumber salsa salad              | * Jacket potato served with beans and side salad   | * Jacket potato served with cheese and carrot/cucumber sticks                      | * Jacket potato served with beans and side salad                             |
| Frozen raspberry yoghurt ice cream<br>Or<br>Organic fruit yoghurt/Fresh fruit | Angel cake<br>Or<br>Organic fruit yoghurt/Fresh fruit                           | Apple crumble and squirty cream<br>Or<br>Organic fruit yoghurt/Fresh fruit                                     | Peaches, ice cream and strawberry sauce<br>Or<br>Organic fruit yoghurt/Fresh fruit | Cherry sponge and custard<br>Or<br>Organic fruit yoghurt/Fresh fruit         |

Wholemeal bread provided on a daily basis

| <b>WEEK 3</b>  |  |  |  |   |
|--|--|--|--|---|
| <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>  | <b>FRIDAY</b>   |
| BBQ chicken, rice and sweetcorn cobette                          | Savoury mince topped with sauté potatoes served with broccoli                            | Chicken burger in a wholemeal bun, herby potatoes and salad              | Roast beef in gravy, mash, seasonal vegetables and Yorkshire pudding                         | Salmon nuggets, diced potatoes and beans                          |
| Five bean chilli, rice and sweetcorn cobette                     | Pasta bake topped with cheese served with broccoli                                       | Southern fried Quorn burger in a wholemeal bun, herby potatoes and salad | Meat free burger in gravy, mash, seasonal vegetables and Yorkshire pudding                   | Cheese and tomato pizza, diced potatoes and beans                 |
| * Jacket potato served with cheese and side salad                | * Jacket potato served with beans and side salad   | * Jacket potato served with tuna mayonnaise and side salad               | * Jacket potato served with cheese and carrot/cucumber sticks                                | * Jacket potato served with beans and side salad                  |
| Oat and raisin cookie<br>Or<br>Organic fruit yoghurt/Fresh fruit | Blueberry muffin<br>Or<br>Organic fruit yoghurt/Fresh fruit                              | Peach crumble and custard<br>Or<br>Organic fruit yoghurt/Fresh fruit     | Pears and chocolate ice cream<br>Or<br>Organic fruit yoghurt/Fresh fruit                     | Toffee tart<br>Or<br>Organic fruit yoghurt/Fresh fruit            |
| <b>WEEK 4</b>  |  |  |  |   |
| <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>  | <b>FRIDAY</b>   |
| Lincolnshire sausages, mashed potato, peas and gravy             | Beef Lasagne served with garlic bread and side salad                                     | Chicken breast in gravy, roast potatoes and seasonal vegetables          | Chicken tikka served with rice, naan bread and tomato/cucumber salsa salad                   | Haddock goujons, tortilla wrap, curly fries, salad and mayonnaise |
| Vegetarian sausages, mashed potatoes, peas and gravy             | Roasted vegetable lasagne served with garlic bread and side salad                        | Quorn fillet in gravy, roast potatoes and seasonal vegetables            | Vegetable and bean tikka masala served with rice, naan bread and tomato/cucumber salsa salad | Quorn dippers, tortilla wrap, curly fries, salad and mayonnaise   |
| * Jacket potato served with cheese and side salad                | * Jacket potato served with beans and side salad   | * Jacket potato served with tuna mayonnaise and carrot/cucumber sticks   | * Jacket potato served with cheese and tomato/cucumber salsa side salad                      | * Jacket potato served with beans and side salad                  |
| Muller fruit corner<br>Or<br>Organic fruit yoghurt/Fresh fruit   | Strawberry jelly with mandarins and ice cream<br>Or<br>Organic fruit yoghurt/Fresh fruit | Jam tart<br>Or<br>Organic fruit yoghurt/Fresh fruit                      | Apple pie and custard<br>Or<br>Organic fruit yoghurt/Fresh fruit                             | Orange drizzle sponge<br>Or<br>Organic fruit yoghurt/Fresh fruit  |

Wholemeal bread provided on a daily basis

Menus run on a four-week revolving basis, changing twice a year, after the Easter Holidays and Autumn Half Term.

The current menu as shown above will be available on the following dates.

| <b>Week 1</b>           | <b>Week 2</b>   | <b>Week 3</b>           | <b>Week 4</b>           |
|-------------------------|---|-------------------------|-------------------------|
| <b>Weeks commencing</b> | <b>Weeks commencing</b>   | <b>Weeks commencing</b> | <b>Weeks commencing</b> |
| 16/04/2018              | 23/04/2018<br><i>Amendment to Monday 23<sup>rd</sup> St Georges day</i> | 30/04/2018              | 07/05/2018              |
| 14/05/2018              | 21/05/2018<br><i>(Marton Academy Closed)</i>                            | 04/06/2018              | 11/06/2018              |
| 18/06/2018              | 25/06/2018  | 02/07/2018              | 09/07/2018              |
| 16/07/2018              | 23/07/2018<br><i>(Marton Academy Only)</i>                              |                         |                         |
| 03/09/2018              | 10/09/2018  | 17/09/2018              | 24/09/2018              |
| 01/10/2018              | 08/10/2018  | 15/10/2018              |                         |

\* Jacket Potato option not available at all schools

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