

## Week one

11/9, 2/10

Monday

### Pasta Packs' Beef Bolognese

Organic Beef in an Italian Tomato Sauce with Wholegrain Pasta, Salad and Garden Peas

### Mega Mozzarella and Tomato Pizza (V)

Cheese and Tomato Pizza with Potato Wedges, Salad and Garden Peas

### Silvertop's Yoghurt with Peach Compote

Tuesday

### Beef Pie

Organic Beef and Onions Topped with a Shortcrust Pastry Lid with New Potatoes, Gravy, Green Beans and Roasted Vegetables

### Pasta Pack's Neapolitan Cheesy Pasta (V)

Pasta in a Tomato Sauce topped with Cheese, with Green Beans and Roasted Vegetables

### Apple Cake with Custard

Wednesday

### Roast Turkey with Bud's Crispy Spuds

Red Tractor Turkey with Cabbage, Carrots and Gravy

### Super Quorn Roast with Bud's Crispy Spuds (V)

with Cabbage, Carrots and Gravy

### Berry Chill

Thursday

### BBQ Chicken

Red Tractor Chicken Thigh in a Smokey Barbeque Sauce with Sweet Potato Mash, Coleslaw and Sweetcorn

### Mexican Vegetable Chilli (V)

Vegetables in a Mild Tomato Sauce with Wholegrain Rice, Coleslaw and Sweetcorn Oat Cookie

Friday

### MSC Battered Fish

Crispy Battered Pollock Fillet with Chips, Baked Beans and Garden Peas

### Vegetable Curry and Chickpea Wrap (V)

Tortilla Wrap filled with Curried Vegetables and Chickpeas with Chips, Baked Beans and Garden Peas

### Chocolate and Mandarin Sponge with Chocolate Sauce

Available everyday:

- Fresh salac bar
- Fresh baked bread
- Fresh fruit and Yoghurt
- Jacket Potatoes with a choice of fillings

Our menus are Gold FFL accredited and include:

- Fresh Organic Beef
- Fresh Free Range Pork
- Fresh Red Tractor Chicken
- Farm Assured Sausages and Burgers
- Free Range Eggs
- MSC Fish – Sustainably Sourced Fish

## Week two

18/9, 9/10

Monday

### Pasta Packs' VegeBalls (V)

Vegetarian Meatballs in a Tomato and Basil Sauce with Wholegrain Pasta, Salad and Broccoli

### Super Hero Mac 'N' Cheese (V)

Macaroni in a Cheddar Cheese Sauce with Salad and Broccoli

### Strawberry Frozen Yoghurt

Tuesday

### Bangers with a Mash Mountain

Farm Assured Pork Sausages with Creamy Mashed Potato, Gravy, Garden Peas and Baked Beans

### Sweet Potato Gumbo (V)

Cajun Spiced Southern Stew with Rice and Peas, Baked Beans and Garden Peas

### Berry Flapjack

Wednesday

### Roast Beef with Bud's Crispy Spuds

Organic Beef with Carrots, Green Beans and Gravy

### Bean and Chive Frittata with Bud's Crispy Spuds (V)

Italian Style Soya Bean Omelette with Carrots and Green Beans

### Mini Chocolate Brownie with Fresh Banana Slices

Thursday

### Beef Mexican Chilli

Organic Beef in a Mild Tomato Sauce with Wholegrain Rice, Sweetcorn and Broccoli

### VegeBangers with a Mash Mountain (V)

Vegetarian Sausages with Creamy Mashed Potato, Gravy, Sweetcorn and Broccoli

### Pineapple Upside Down Cake and Custard

Friday

### MSC Fish Fingers

Golden Cod Fillet Fish Fingers with Chips, Garden Peas and Salad

### Vegetable Lasagne (V)

Layers of Pasta and Vegetables Topped with a Cheesy Sauce with Garden Peas and Salad

### Jelly and Ice Cream



There is a vegetarian choice every day and don't forget that salad is available daily.

Our dishes contain increased levels of:

- Fruit & Vegetables
  - Pulses & Wholegrains
- to ensure a nutritious, balanced meal everyday.

## Week three

4/9, 25/9, 16/10

Monday

### Sizzling Beef Pizza

Cajun Spiced Organic Beef Pizza with Potato Wedges, Broccoli and Sweetcorn

### Pasta Packs' Tomato and Basil Pasta Bake (V)

Wholemeal Pasta in a Rich Tomato and Basil Sauce with Broccoli and Sweetcorn

### Silvertop's Cool Ice Cream Pot

Tuesday

### Chunky Chicken Bite

Farm Assured Chicken Thigh Baked in Breadcrumbs with Pasta Salad, Green Beans and Coleslaw

### Cheese and Red Onion Quiche (V)

Sweet Red Onion and Cheese in a Shortcrust Pastry Tart with Pasta Salad, Green Beans and Coleslaw

### Raspberry Ripple Cake

Wednesday

### Roast Gammon with Bud's Crispy Spuds

Free Range Gammon with Cabbage, Carrots and Gravy

### Cheesy Baked Bean Bubble and Squeak (V)

Cheesy Potato, Onion, Cabbage and Baked Bean Mash with Cabbage and Carrots

### Chocolate Fruity Crispy

Thursday

### Beef Lasagne

Organic Beef in a Tomato Sauce with Layers of Pasta and White Sauce with Garlic and Herb Bread, Garden Peas and Salad

### Roasted Cauliflower and Chickpea Korma (V)

Vegetables in a Creamy Curry Sauce with Basmati Rice, Garden Peas and Salad Custard Biscuit with Fresh Fruit Slices

Friday

### MSC Crispy Fish Fillet

Smartcrumb Salmon Fillet or Cod Fish Fingers with Chips, Baked Beans and Sweetcorn

### BBQ Quorn and Bean Wrap (V)

Tortilla Wrap Filled with a Quorn Fillet and Red Kidney Beans in a Smokey Sauce with Chips, Baked Beans and Sweetcorn

### Apple Crumble and Custard

Our Suppliers provide the freshest local ingredients:

- Westcountry Fruit and Vegetables
- Scorse Butchers
- Trewithen Dairy
- Proper Cornish

Reception, Year 1 & 2 Free  
Year 3, 4, 5 & 6 £2.30

Keep yourself topped up with water - it will help you concentrate all day long.

