

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.

EAT THEM TO DEFEAT THEM



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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

14th September 2020

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
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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
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WEEK 2

1st September & 21st September 2020

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
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OPTION TWO	Quorn Sweet Chilli Pasta Shapes Salad Bar Selection	Vegetable Pie Minted Potatoes Carrot & Swede Mash Garden Peas	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
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WEEK 3

7th September 2020

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	Farm Assured British Pork Sausages with Gravy Creamy Potato & Parsnip Mash Green Beans	Cod or Salmon Fish Fingers (sustainably sourced) served with Tomato Sauce Chips, Peas
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OPTION TWO	Quorn Tikka Masala Pilau Rice Salad Bar Selection	Vegetarian Pinwheels Half Jacket Peas	Margherita Pizza Herby Jacket Wedges Carrot Batons	Vegetarian Bites served in Pitta with Crunchy Salad & Relish Bombay Potatoes Sweetcorn	Vegetable Fingers served with Tomato Sauce Half Jacket Baked Beans
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From September 2020 we will be serving a two choice hot dinner * menu in grab bags. The grab bags will contain a meal and a biscuit/cake). **PLEASE NOTE NO DRINKS WILL BE PROVIDED.** * Special diets will be catered for.