SCHOOL MEALS

Available daily as an alternative: - Filled jacket potatoes served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, yoghurt, soreen and cheese & biscuits

Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.











Week One

Meat Free Monday

Vegetarian Sausage Roll
Herby diced potatoes and beans

Macaroni Cheese

Vanilla Ice Cream

Tuesday

Chicken Curry served with rice

Quorn Curry served with rice

Baked fishcake, baked potato waffles, Peas and sweetcorn

Fresh Fruit Segments or yoghurt

Wednesday

Pork Sausage with creamed potatoes, gravy served with carrots and peas

Vegetarian Sausage with creamed potatoes, gravy served with carrots and peas

Cheese or Ham Panini served with Sweetcorn and salad

Homemade Biscuit

Thursday

Crumb Coated Chicken served with chunky chipped potatoes, garden peas or baked beans

Quorn nuggets served with chunky chipped potatoes, garden peas or baked beans

Oven baked Fish Fingers Served with chunky chipped potatoes, garden peas or baked beans

Oven baked Fishless Fingers
Served with chunky chipped potatoes, garden peas or baked beans

Jelly and fruit

Friday

Italian Chicken Pasta
Served with seasonal vegetabl

Vegetarian Italian Pasta Served with seasonal vegetables

©Cheese Flan served with baked jacket wedges sweetcorn and salad

Cake

Week Two

Meat Free Monday

Margarita Pizza
served with baked jacket wedges
and sweetcorn

Baked Falafel with cous cous and salad

Vanilla Ice Cream

Tuesday

Ham Panini or Cheese Panini served with fresh salad, coleslaw

Chilli Beef served with 50/50 rice

Vegetarian Chilli served with 50/50 rice

Fresh Fruit Segments or yoghurt

Wednesday

Spaghetti Bolognaise
Served with mixed vegetables

Vegetarian Bolognaise Served with mixed vegetables

Cheese or Ham wrap served with sweetcorn and salad

Homemade Biscuit

Thursday

Chicken goujons

Served with chunky chipped potatoes garden peas or baked beans

Quorn nuggets served with chunky chipped potatoes, garden peas or baked beans

Oven baked Battered Salmon served with chunky chipped potatoes garden peas or baked beans

Oven baked Fish Fingers Served with chunky chipped potatoes, garden peas or baked beans

Jelly and fruit

Friday

Chicken curry and rice

VFruity curry with Quorn, chickpeas. Rice

Omelette. Jacket wedges. Beans

Cake

Week Three

Meat Free Monday

Quorn nuggets with baked herby diced Potatoes, and sweetcorn

Tomato and Mascarpone Pasta Bake served with seasonal vegetables

Vanilla Ice Cream

Tuesday

Pork Meatballs in tomato and basil sauce served with wholemeal pasta and garden peas

Vegetarian Meatballs in tomato and basil sauce served with wholemeal pasta and garden peas

Twice Baked Jacket Potatoes
With cheese and onion
Served with baked beans

Fresh Fruit Segments or yoghurt

Wednesday

Pizza Served with jacket wedges salad and coleslaw

Chicken Tikka Masala served with rice

Vegetarian Tikka Masala served with rice

Homemade Biscuit

Thursday

Crumb coated chicken
Served with chunky chipped potatoes,
Peas or beans

Quorn nuggets served with chunky chipped potatoes, peas or beans

Oven baked Battered Fish served with chunky chipped potatoes, garden peas or baked beans

Jelly and fruit

Friday

Cajun Chicken in a bun,
Baked wedged potatoes, coleslaw and sweetcorn

Vegetarian Burger in a bun Baked wedged potatoes, coleslaw and sweetcorn

Cake



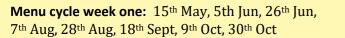


17th July,

= Vegetarian V = Vegetarian substitute available Lunch will be served with fresh milk or drinking water. All homemade dishes contain additional vegetables.

For allergen and dietary help please contact school meals helpdesk on 01925 443082 or visit our website www.warrington.gov.uk/schoolmeals





Menu cycle week two: 22nd May, 12th Jun, 3rd July, 24th July, 14th Aug, 4th Sept, 25th Sept, 16th Oct

Menu cycle week three: 29th May, 19th Jun, 10th July, 31st July, 21st Aug, 11 Sept, 2nd Oct, 23rd Oct