





YOUR SCHOOL MENU





Meat-free option Veggies bolognaise pasta (Vg) On the side Vegetables or salad To finish Shortbread biscuit



Meat option
Chicken Katsu curry and rice
On the side
Vegetables or salad
To finish
Shortbread biscuit







YOUR SCHOOL MENU





Meat-free option Vegetarian sausage roll with crinkle cut wedges (V) On the side Vegetables or salad To finish Fruit, mousse or jelly



Meat option
Ham carbonara with pasta
On the side
Vegetables of the day or salad
To finish
Fruit, mousse or jelly











Meat-free option
Cheese and tomato pizza (V)
On the side
Vegetables or salad
To finish
Rice crispy cake



Meat option
Sweet sticky chicken with rice
On the side
Vegetables or salad
To finish
Rice crispy cake

FOOD TO FLOURISH® THURSDAY WEEK 1



Education Catering



YOUR SCHOOL MENU





Meat-free option Plant-based sausage and Yorkshire pudding (V) On the side Roast potatoes, vegetables and gravy To finish Fruit, mousse or jelly



Meat option Sliced beef and Yorkshire pudding On the side Roast potatoes, vegetables and gravy To finish Fruit, mousse or jelly













Meat-free option
Cheese and onion quiche (V)
On the side
Vegetables, baked beans or salad
To finish
Sticky ginger sponge



Meat option
Baked fish fingers and chips
On the side
Vegetables, baked beans or salad
To finish
Sticky ginger sponge





MONDAY WEEK 2

Education Catering



YOUR SCHOOL MENU





Meat-free option Plant-based sausage hotdog and diced potatoes (Vg) On the side Vegetables or salad To finish Gooey chocolate pudding



Meat option
Chicken curry and rice
On the side
Vegetables or salad
To finish
Gooey chocolate pudding





TUESDAY WEEK 2

Education Catering



YOUR SCHOOL MENU





Meat-free option
Veggie lasagne (V)
On the side
Vegetables or salad
To finish
Fruit, mousse or jelly



Meat option
Pork sausages and mash and gravy
On the side
Vegetables or salad
To finish
Fruit, mousse or jelly













Meat-free option
Cheese and tomato pizza (V)
On the side
Vegetables or salad
To finish
Chewy honey cookie



Meat option
Bubble salmon and crinkle cut wedges
On the side
Vegetables or salad
To finish
Chewy honey cookie











Meat-free option
Quorn pieces in a Yorkshire pudding (V)
On the side
Roast potatoes, vegetables and gravy
To finish
Fruit, mousse or jelly



Meat option
Sliced chicken and Yorkshire pudding
On the side
Roast potatoes, vegetables and gravy
To finish
Fruit, mousse or jelly













Meat-free option Sweet potato and lentil curry and rice (Vg) On the side Vegetables, baked beans or salad To finish Lemon drizzle sponge



Meat option
Baked fish fingers and chips
On the side
Vegetables, baked beans or salad
To finish
Lemon drizzle sponge













Meat-free option
Macaroni cheese (V)
On the side
Vegetables or salad
To finish
Chocolate brownie



Meat option
Beef chilli with rice and tortilla chips
On the side
Vegetables or salad
To finish
Chocolate brownie











Meat-free option
Veggie cottage pie (Vg)
On the side
Vegetables or salad
To finish
Fruit, mousse or jelly



Meat option
Chicken nuggets and diced potatoes
On the side
Vegetables or salad
To finish
Fruit, mousse or jelly









Meat-free option Vegetable and bean burrito (Vg) On the side Vegetables or salad To finish Jammy shortbread biscuit



Meat option Tangy BBQ sauce pizza topped with chicken On the side Vegetables or salad To finish Jammy shortbread biscuit

FOOD TO FLOURISH®



THURSDAY WEEK 3

Education Catering



YOUR SCHOOL MENU





Meat-free option Quorn and leek pastry crown (V) On the side Roast potatoes, vegetables and gravy To finish Fruit, mousse or jelly



Meat option
Sliced pork and Yorkshire pudding
On the side
Roast potatoes, vegetables and gravy
To finish
Fruit, mousse or jelly





FRIDAY WEEK 3

Education Catering



YOUR SCHOOL MENU





Meat-free option Cheese and potato frittata (V) On the side Vegetables, baked beans or salad To finish Toffee apple sponge



Meat option
Baked fish fingers and chips
On the side
Vegetables, baked beans or salad
To finish
Toffee apple sponge