

Week 1

Monday

Grilled Chicken Burger in a Homemade Bun
or
Southern Style Veggie Burger in a Homemade Bun
Seasonal Vegetables
Baked Beans
Fresh Salad Bar
Coconut & Parsnip Flapjack
Slice with Custard
or
Fresh Fruit Salad

Week One commencing:
30th October, 20th November
11th December, 8th January 2018,
29th January, 26th February, 19th March

Tuesday

Pasta Bolognese with Garlic Bread Slice
or
Vegetable & Rice Burrito with Garlic Bread Slice
Seasonal Vegetables
Fresh Salad Bar
Cocoa & Vanilla Marble Cake
or
Fresh Fruit Salad

Wednesday

Margherita Pizza Slice with Herby Diced Potatoes
or
Butternut Squash & Red Pepper Risotto
Seasonal Vegetables
Fresh Salad Bar
Blueberry Muffin
or
Fresh Fruit Salad

Thursday

Roast Loin of Suffolk Pork, Stuffing, Roast Potatoes & Gravy
or
Cauliflower & Leek Bake with Roast Potatoes
Seasonal Vegetables
Fresh Salad Bar
Apple & Blackberry Crumble with Custard
or
Fresh Fruit Salad

Friday

Crispy Fish Fillet with Chips
or
Cheese & Tomato Whirl with Chips
Seasonal Vegetables
Baked Beans
Fresh Salad Bar
Chocolate Crunch with Chocolate Sauce
or
Fresh Fruit Salad



Did you know an olive tree can live for over 1,000 years.



The pumpkin originated in Mexico about 9,000 years ago.



Peaches were the 1st fruit to be eaten on the moon. If you went to the moon what food would you take with you?

Monday

NEW Pork & Carrot Meatballs with Tomato Pasta Twists
or
Seasonable Vegetable Crumble
Seasonal Vegetables
Fresh Salad Bar
Warm Apple Taco & Custard
or
Fresh Fruit Salad

Wednesday

NEW Smokey Joe's Chicken with Wholemeal Rice
or
Italian Quorn Fillet with Wholemeal Rice
Seasonal Vegetables
Fresh Salad Bar
Carrot & Pineapple Sponge Cake
or
Fresh Fruit Salad

Friday

Crispy Fish Fillet with Chips
or
Vegetable Spring Roll & Chips with Mild Curry Sauce
Seasonal Vegetables
Baked Beans
Fresh Salad Bar
Crunchy Vanilla Slice with Strawberry Sauce
or
Fresh Fruit Salad

Week 2

Week Two commencing:
6th November, 27th November,
18th December, 15th January 2018
5th February, 5th March, 26th March

Tuesday

Salmon & Sweet Potato Fishcake
or
Everybody's Favourite Macaroni Cheese
Seasonal Vegetables
Fresh Salad Bar
Belgium Cocoa Waffle with Cherry Fruit Topping
or
Fresh Fruit Salad

Thursday

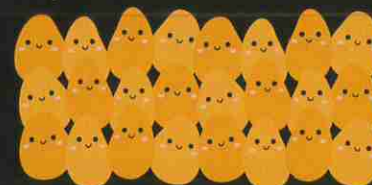
NEW Roast Beef, Yorkshire Pudding with Roast Potatoes & Gravy
or
Quorn Sausage 'Under Wraps' Roast Potatoes & Gravy
Seasonal Vegetables
Fresh Salad Bar
Oaty Fruit Crunch & Custard
or
Fresh Fruit Salad



Did you know apples belong to the rose family as do plum and pears.

Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yoghurt & real fruit jelly. Some dishes may vary due to individual school preferences, policies and cultural considerations - (a number of sites also offer additional options of jacket potato with choice of fillings & or packed lunch - see school websites for details) For information on allergens & intolerances visit www.eats-catering.co.uk



Did you know that there are approximately 465 baked beans in a standard can

Week 3

Week Three commencing:
13th November, 4th December,
1st January 2018, 22nd January
19th February, 12th March

Monday

NEW Chicken & Ham Pasta Bake
or
Crunchy Cheese & Potato Pie
Seasonal Vegetables
Fresh Salad Bar
Pear & Gingerbread Cake
or
Fresh Fruit Salad

Wednesday

Traditional Beef Lasagne
or
Loaded Potato Skins with Tomato, Cheddar & Baked Beans
Seasonal Vegetables
Fresh Salad Bar
Toffee Apple Crumble & Vanilla Ice Cream
or
Fresh Fruit Salad

Friday

Baked Fish Fingers with Chips
or
Crispy Veggie Fingers with Chips
Seasonal Vegetables
Baked Beans
Fresh Salad Bar
Chocolate Cracknell
or
Fresh Fruit Salad

Tuesday

Local Sausages & Mash with Gravy
or
Vegetarian Toad-in-the-Hole with Mash & Gravy
Seasonal Vegetables
Fresh Salad Bar
St Clement's Shortbread Slice & Fruit Cuplet
or
Fresh Fruit Salad

Thursday

Roast Chicken, Stuffing, Roast Potatoes & Gravy
or
Quorn Roast, Yorkshire Pudding, Roast Potatoes & Gravy
Seasonal Vegetables
Fresh Salad Bar
Greek Lemon Cake & Custard
or
Fresh Fruit Salad

Bananas boost energy and act as fuel for the brain, making us more alert and ready to learn. Did you know a bunch of bananas is called a 'hand' and a single banana is called a 'finger'.

