



Our **Autumn / Winter** menus are planned to meet the food based standards for food in schools and are checked using a recognised programme to analyse nutrition. Over 75% of our dishes are homemade and freshly prepared using tried and tested traditional recipes we know children will love and there's always seasonal fresh fruit, salad and vegetables available daily along with a bread basket and a choice of drink.

Percy Pea Pod packed lunches are also available on request and subject to the schools requirements.



Week 1	Monday		Tuesday		Wednesday		Thursday		Friday		
	Hot Meal Options	Cheese Flan Homemade cheese flan served with wholewheat pasta salad and seasonal vegetables	Jacket Potato Jacket potato served with a choice of filling and chopped salad	Cottage Pie Minced beef with creamed potato topping served with seasonal vegetables	Chefs Special Chicken Curry of the Day Chicken curry and Tilda rice served with naan bread	Roast of the Day Roast of the day served with gravy, roast potatoes and seasonal vegetables	Jacket Potato Jacket potato served with a choice of filling and chopped salad	Cheese Whirl Homemade cheese whirl served with potato wedges and baked beans	Paprika Chicken Paprika chicken served with vegetable rice	Fish and Chips Harry Ramsdens oven baked fish fillet in batter served with oven baked chips and garden peas	Crispy Chicken Wrap Crispy chicken fillet in a flour tortilla served with oven baked chips and sweetcorn
	Cold Option	Toasties Toasties served with a variety of filling and chopped salad		Sandwiches Assorted filled sandwiches served with unlimited salad from the salad bar		Wrap Assorted filled wraps with a choice of cheese, ham and tuna filling and chopped salad		Sandwiches Assorted filled sandwiches served with unlimited salad from the salad bar		Baguette Assorted filled small baguette with a choice of cheese, ham and tuna filling and chopped salad	
Dessert	Carrot, banana and orange cream scone / Fresh fruit / Yogurt / Homemade biscuit		Chocolate crunch / Fresh fruit / Yogurt / Homemade biscuit		Vienna whirl / Fresh fruit / Yogurt / Homemade biscuit		Traditional rice pudding and sultanas / Fresh fruit / Yogurt / Homemade biscuit		Apple crumble and custard / Fresh fruit / Yogurt / Homemade biscuit		

Week 2	Monday		Tuesday		Wednesday		Thursday		Friday		
	Hot Meal Options	Cheese and Tomato Pizza Homemade cheese and tomato pizza slice served with potato wedges and chopped salad	Jacket Potato and Tuna Jacket potato served with a fresh tuna filling and chopped salad	Chefs Special Chicken Curry of the Day Chicken curry and Tilda rice served with naan bread and sweetcorn	Savoury Muffins Homemade savoury muffins served with potato wedges and baked beans	Homemade Minced Beef Pie Homemade minced beef and onion pie served with new potatoes carrots and gravy	Theo's Flavoured Chicken Wraps Theo's flavoured chicken served in a tortilla wrap with herby diced potatoes and chopped salad	Pasta Bolognese Homemade pasta Bolognese served with garlic bread	Jacket Potato Jacket potato served with a choice of filling and chopped salad	Fish Fingers Oven baked Birds Eye fish fingers served with creamed potato and garden peas	Beef Burger 100% beef burger on a bun served with oven baked chips and garden peas
	Cold Option	Sandwiches Assorted filled sandwiches served with unlimited salad from the salad bar		Wrap Assorted filled wraps with a choice of cheese, ham and tuna filling and chopped salad		Toasties Toasties served with a variety of filling and chopped salad		Baguette Assorted filled small baguette with a choice of cheese, ham and tuna filling and chopped salad		Sandwiches Assorted filled sandwiches served with unlimited salad from the salad bar	
Dessert	Pineapple upside down cake and custard / Fresh fruit / Yogurt / Homemade biscuit		Homemade ginger bread / Fresh fruit / Yogurt / Homemade biscuit		Homemade chocolate muffin / Fresh fruit / Yogurt / Homemade biscuit		Cornflake tart and custard / Fresh fruit / Yogurt / Homemade biscuit		Homemade carrot cake / Fresh fruit / Yogurt / Homemade biscuit		

Week 3	Monday		Tuesday		Wednesday		Thursday		Friday		
	Hot Meal Options	Southern Style Chicken Wrap Fresh chicken fillet with a southern style crispy crumb coating served in a tortilla wrap with herby diced potatoes and chopped salad	Jacket Potato Jacket potato served with a choice of filling and chopped salad	Chefs Special Chicken Curry of the Day Chicken curry and Tilda rice served with naan bread and sweetcorn	Cheese Whirl Homemade cheese whirl served with creamed potato and sweetcorn	Roast of the Day Roast of the day served with gravy, roast potatoes and broccoli	Chilli Con Carne Beef chilli con carne served with Tilda rice	Lasagne Homemade lasagne layers of mince beef and pasta topped with cheese sauce served with garlic bread and chopped salad	Jacket Potato Jacket potato served with a choice of filling and chopped salad	Crispy Chicken Chunks Crispy chicken chunks served with oven baked chips and baked beans	Fresh Pork Sausage on a Bap Fresh pork sausage served on a bap with onions and oven baked chips
	Cold Option	Sandwiches Assorted filled sandwiches served with unlimited salad from the salad bar		Toasties Toasties served with a variety of filling and chopped salad		Wrap Assorted filled wraps with a choice of cheese, ham and tuna filling and chopped salad		Baguette Assorted filled small baguette with a choice of cheese, ham and tuna filling and chopped salad		Sandwiches Assorted filled sandwiches served with unlimited salad from the salad bar	
Dessert	Vanilla cookie / Fresh fruit / Yogurt / Homemade biscuit		Banana loaf / Fresh fruit / Yogurt / Homemade biscuit		Homemade courgette and lemon muffin / Fresh fruit / Yogurt / Homemade biscuit		Apple sponge and custard / Fresh fruit / Yogurt / Homemade biscuit		Homemade chocolate muffin / Fresh fruit / Yogurt / Homemade biscuit		

- Menu A
- Menu B
- Menu C
- Menu D

Weekly Menu Cycle

- Week 1
- Week 2
- Week 3

November

Mon	Tue	Wed	Thur	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

December

Mon	Tue	Wed	Thur	Fri
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

January

Mon	Tue	Wed	Thur	Fri
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

February

Mon	Tue	Wed	Thur	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29				

March

Mon	Tue	Wed	Thur	Fri
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	