

# FOOD TO FLOURISH

## WEEK 1

### MONDAY

**CHOOSE FROM**  
Baked pork sausages with gravy and choice of potato  
v Italian style tomato pasta with garlic bread finger

**ON THE SIDE**  
Served with green beans

**TO FINISH**  
Ice cream

### TUESDAY

**CHOOSE FROM**  
Roast beef, Yorkshire pudding  
v Quorn burger, Yorkshire pudding

**ON THE SIDE**  
Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots

**TO FINISH**  
A choice of cold desserts

### WEDNESDAY

**CHOOSE FROM**  
\*Bubble salmon and sweet potato mash  
v Margherita pizza

**ON THE SIDE**  
Served with garden peas and sweetcorn mix

**TO FINISH**  
Chocolate and pear crumble with chocolate custard

### THURSDAY

**CHOOSE FROM**  
Roast chicken  
v Vegetarian sausages

**ON THE SIDE**  
Served with roast potatoes, gravy, cabbage and baton carrots

**TO FINISH**  
A choice of cold desserts

### FRIDAY

**CHOOSE FROM**  
Fish fingers and chips with tomato ketchup  
v Sweet potato and lentil curry with brown and white rice and Naan style bread

**ON THE SIDE**  
Served with baked beans or garden peas

**TO FINISH**  
Apple and blackberry love cake



## WEEK 2

**CHOOSE FROM**  
Ham and cheese macaroni with garlic bread finger  
v Quorn burger with gravy and herby diced potatoes

**ON THE SIDE**  
Served with a trio of vegetables

**TO FINISH**  
Fruit smoothie pot or apple lolly

**CHOOSE FROM**  
Roast pork  
v Vegetarian sausage puff

**ON THE SIDE**  
Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots

**TO FINISH**  
A choice of cold desserts

**CHOOSE FROM**  
v Vegetable chilli with brown and white rice  
v Margherita pizza with salsa salad

**ON THE SIDE**  
Served with broccoli or peppers and sweetcorn

**TO FINISH**  
Jumble biscuit

**CHOOSE FROM**  
Chicken and sweetcorn pie  
v Vegetable goujons

**ON THE SIDE**  
Served with mashed potatoes, gravy, green beans, carrots and swede

**TO FINISH**  
A choice of cold desserts

**CHOOSE FROM**  
Battered fish and chips with tomato ketchup  
v BBQ vegetable and bean wrap

**ON THE SIDE**  
Served with garden peas

**TO FINISH**  
Fruity chocolate bake



## WEEK 3

**CHOOSE FROM**  
Sausage roll with tomato relish and mashed potato  
v Vegetarian cottage pie

**ON THE SIDE**  
Served with garden peas

**TO FINISH**  
Fruit with natural yoghurt

**CHOOSE FROM**  
Roast chicken  
v Vegetarian meat free balls

**ON THE SIDE**  
Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots

**TO FINISH**  
A choice of cold desserts



**CHOOSE FROM**  
Thai chicken curry, with brown and white rice, Naan style bread  
v Margherita pizza

**ON THE SIDE**  
Served with garden peas

**TO FINISH**  
St Clements sponge and custard

**CHOOSE FROM**  
Roast pork  
v Vegetable lattice slice

**ON THE SIDE**  
Served with roast potatoes, gravy, green beans and diced carrots

**TO FINISH**  
A choice of cold desserts

**CHOOSE FROM**  
Fish fingers and chips with tomato ketchup  
v Roasted vegetable pasta and garlic bread finger

**ON THE SIDE**  
Served with baked beans or garden peas

**TO FINISH**  
Apple taco

Jacket potatoes may be available locally – please check with your school v Vegetarian \* Gold award winner Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets

## CALENDAR

### OCTOBER 2017

u	M	Tu	W	Th	F	Sa
	2	3	4	5	6	7
	9	10	11	12	13	14
5	16	17	18	19	20	21
2	23	24	25	26	27	28
9	30	31				

### NOVEMBER 2017

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

### DECEMBER 2017

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### JANUARY 2018

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### FEBRUARY 2018

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

### MARCH 2018

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

