Freshly Baked Bread, Filled Jacket Potatoes, Salad, Fresh Fruit and Yoghurts (4) are available daily

flourish FOOD

Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week A **31st Aug** **21st Sep** **12th Oct**	**Tomato Pasta Bake (V,1)**	**Pepperoni Pizza (1,4,8)**	**Roast Chicken & Stuffing (1)**	**Chicken Goujons (1,6,7)**	**Fish Fingers (1,3)**
	Pesto Pasta (1,4)	**Margarita Pizza (1,4, V)**	**Vegetable Parcel (V)**	**Quorn Nuggets (1)**	**Stuffed Pepper (V)**
	Sweetcorn	Garlic Dough Balls (1)	Roast Potatoes Yorkshire Pudding (1,2,4)	Wholemeal Rice	Chips
		Coleslaw (4)	Seasonal Vegetables	Sweetcorn	Baked Beans
	Chocolate & Vanilla Cookie (1)	Apple Flapjack (1)	Orange Jelly (v)	Lemon & Blueberry Cake (1,2)	Ice Cream (4)
Week B **7th Sep** **28th Sep**	**Chicken Burger in Bun (1)**	**'All Day Breakfast'**	**Roast Gammon (8)**	**Beef Nachos**	**Sausage Roll (1,8)**
	Vegan Burger in Bun (1)	**Sausage (1,8) or Vegetarian Sausage (1) with Hash Browns, Baked Beans, Scrambled Egg**	**Cheese & Onion Pie (V)**	**Quorn Nachos**	**Quorn Sausage Roll (V,1)**
	Potato Wedges		New Potatoes Yorkshire Pudding (1,2,4)	Wholegrain Rice	Chips
	Sweetcorn		Seasonal Vegetables	Salsa, Sweetcorn	Baked Beans
	Banana Sponge & Custard (1,2,4)	Chocolate Orange Cookie (1)	Fruit Jelly (v)	Carrot Cake (1,2)	Ice Cream (4)
Week C **14th Sep** **5th Oct**	**Wholemeal Macaroni Cheese (V,1,4)**	**Meatballs (1)**	**Roast Chicken**	**BBQ Chicken**	**Fish Finger (1,3) or Salmon Fishcake (1,3)**
	Veggie Wraps (1)	**Vegan Meatballs (V,1)**	**Quorn Fillet (V)**	**BBQ Quorn Fillet (V)**	**Veggie Pasty (V,1)**
	Green Beans	Penne Pasta	Roast Potatoes Yorkshire Pudding (1,2)	Wholemeal Rice	Chips
		Sweetcorn	Seasonal Vegetables	Mixed Vegetables	Baked Beans
	Fruit Shortbread (1)	Chocolate & Raisin Krispie Cake (1)	Jelly & Peach Slice (v)	Chocolate Brownie & Chocolate Custard (4)	Raspberry Ripple Mousse (4)

FREE for all Infant Pupils. £2.75 per day for Junior Pupils – Please speak to the office to apply for Free School Meals. Allergen Information available on request.

KEY: (V) Vegetarian, (1) Gluten, (2) Eggs, (3) Fish, (4) Milk, (5) Sesame, (6) Soya, (7) Sulphur D, (8) Pork, (9) Soya