

# Welcome to



## We care about Good School Food!

Which is why we work closely with the Soil Association to make sure we are providing food which is healthy, sustainably sourced, better for animal welfare and delicious of course! This means...

- All of the eggs we use are free range
- We source British, local and seasonal produce where possible
- Our meat is sourced from UK farms with high standards of animal welfare
- We have achieved the MSC's (Marine Stewardship Council) Chain of Custody certification which demonstrates that the fish we serve is from well-managed & sustainable fisheries - we don't serve any endangered fish

## THE KITCHEN

### YOUR MENU FOR WEEK ONE

#### - mains -

- MONDAY**  
Pork Sausage, Mash & Gravy served with Peas & Carrots
- TUESDAY**  
Beef & Onion Pie served with Green Beans & Cauliflower
- WEDNESDAY**  
Roast Chicken, Roast Potatoes & Gravy with Broccoli & Carrots
- THURSDAY**  
Turkey Meatballs & Rice served with Coleslaw & Sweetcorn
- FRIDAY**  
Fish Fingers & Chips served with Peas & Baked Beans

#### - vegetarian -

- MONDAY**  
Quorn & Vegetable Pasta Bake served with Peas & Carrots
- TUESDAY**  
Homemade Spicy Bean Burger served with Green Beans & Cauliflower
- WEDNESDAY**  
Veggie Strips, Roast Potatoes & Gravy served with Broccoli & Carrots
- THURSDAY**  
Mushroom & Chive Macaroni Cheese served with Coleslaw & Sweetcorn
- FRIDAY**  
Neapolitan Pasta Bake served with Peas & Baked Beans

#### - desserts -

- MONDAY**  
Apple Crumble with Custard
- TUESDAY**  
Peaches with Ice Cream
- WEDNESDAY**  
Frozen Toffee Yoghurt
- THURSDAY**  
Fruity Flapjack
- FRIDAY**  
Banana & Coconut Muffin

## THE KITCHEN

### YOUR MENU FOR WEEK TWO

#### - mains -

- MONDAY**  
BBQ Pork & Rice served with Green Beans & Sweetcorn
- TUESDAY**  
Beef Pasta Bolognese served with Peas & Carrots
- WEDNESDAY**  
Roast Gammon, Roast Potatoes & Gravy with Cabbage & Broccoli
- THURSDAY**  
Sweet & Sour Chicken and Noodles with Fruity Coleslaw & Sweetcorn
- FRIDAY**  
Battered Fish & Chips served with Peas & Baked Beans

#### - vegetarian -

- MONDAY**  
Quorn Meatballs with Tomato Sauce & Pasta with Green Beans & Sweetcorn
- TUESDAY**  
Cheese & Onion Quiche served with Peas & Carrots
- WEDNESDAY**  
Red Onion & Tomato Frittata & Roast Potatoes with Cabbage & Broccoli
- THURSDAY**  
Cheese & Potato Pie served with Fruity Coleslaw & Sweetcorn
- FRIDAY**  
Quorn Frankfurter & Chips served with Peas & Baked Beans

#### - desserts -

- MONDAY**  
Peach Upside Down Sponge with Custard
- TUESDAY**  
Eaton Mess
- WEDNESDAY**  
Ginger Biscuit
- THURSDAY**  
Jelly with Mandarin
- FRIDAY**  
Lemon & Courgette Muffin

## THE KITCHEN

### YOUR MENU FOR WEEK THREE

#### - mains -

- MONDAY**  
Beef Chilli con Carne & Rice served with Carrots & Green Beans
- TUESDAY**  
Chicken & Sweetcorn Pie served with Cauliflower & Peas
- WEDNESDAY**  
Roast Pork, Roast Potatoes & Gravy served with Carrots & Green Beans
- THURSDAY**  
Cottage Pie with Sweetcorn & Roasted Mediterranean Vegetables
- FRIDAY**  
Breaded Fish & Chips served with Peas & Baked Beans

#### - vegetarian -

- MONDAY**  
Neapolitan Pasta served with Carrots & Green Beans
- TUESDAY**  
Vegetarian Mince Lasagne served with Cauliflower & Peas
- WEDNESDAY**  
Vegetable & Lentil Loaf, Roast Potatoes & Gravy with Carrots & Green Beans
- THURSDAY**  
Cheese & Red Onion Calzone, Sweetcorn & Roasted Mediterranean Vegetables
- FRIDAY**  
Roasted Vegetable Tart served with Peas & Sweetcorn

#### - desserts -

- MONDAY**  
Pear Crumble with Custard
- TUESDAY**  
Apple & Berry Sponge with Custard
- WEDNESDAY**  
Frozen Strawberry Yoghurt
- THURSDAY**  
Blueberry Muffin
- FRIDAY**  
Chocolate & Beetroot Brownie