#### **CHOOSE FROM**

Vegetable Biryani ♠√

Jerk Power Sausage with Spicy
Jacket Wedges ♥

Sausages & Onions with Creamy
Mashed Potato & Gravy

Jacket Potato with Various Fillings ● ● ● ♥ Pasta King Pasta Pots ● ●

#### **SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

#### UNLIMITED

Green Beans ♥√
Roasted Seasonal Vegetables ♥√
Mixed Salad Selection ♥ ♥√

#### **DESSERTS**

Autumn/Winter Mena 2023-24:

Marble Sponge & Custard ♥
Organic Fruit Yogurt ♥
Fruit Pots
Seasonal Fresh Fruit ♥√
Ice Cream Tub

#### **CHOOSE FROM**

Sticky Tofu with Rice ��V

Vegetable Stir Fry with Ginger &
Garlic �� with Noodles

Creamy Mac 'n' Cheese

Jacket Potato with Various Fillings ● ● ● ♥

Pasta King Pasta Pots ● ●

V

#### **SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

#### **UNLIMITED**

Fresh Seasonal Broccoli **P**V Mixed Vegetables **V**V Mixed Salad Selection **V**V

### **DESSERTS**

Chocolate Cracknel & Chocolate Sauce ♥
Organic Fruit Yogurt ♥
Fruit Pots
Seasonal Fresh Fruit ♥
Ice Cream Tub

#### **CHOOSE FROM**

Jackfruit Jambalaya ♥√
Cheese & Sweetcorn Quiche ♥
with Rosemary Roast Potatoes
Homemade Chicken & Sweetcorn
Pie with Rosemary Roasted
Potatoes

Jacket Potato with Various Fillings ● ● ● ♥

Pasta King Pasta Pots ● ●

V

#### **SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

### UNLIMITED

## **DESSERTS**

Ice Cream Tub

Lemon Drizzle Cake & Custard ♥
Organic Fruit Yogurt ♥
Fruit Pots
Seasonal Fresh Fruit ♥√

# CHOOSE FROM Pasta Arrabiatta ♥√

Thai Katsu Curry ♥ with Tangy Lemon Rice
Cottage Pie & Gravy
Jacket Potato with

Various Fillings **③ ④ ◎ ◎** ✓ **⑥** ✓ Pasta King Pasta Pots **② ◎** ✓

## **SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

#### **UNLIMITED**

# **DESSERTS**

Carrot Cake & Custard ♥
Organic Fruit Yogurt ♥
Fruit Pots
Seasonal Fresh Fruit ♥√
Ice Cream Tub

#### **CHOOSE FROM**

Tex Mex ♠√ & Chipped Potatoes
Catch of the Day with a Lemon
Twist & Chipped Potatoes
MSC Golden Crumb Fish Fingers
with Chipped Potatoes
Jacket Potato with

Various Fillings ● ● ● ● ▼

Pasta King Pasta Pots ♥ ♠✓

#### **SANDWICHES**

Selection of Sandwiches, Baguettes, Wraps & Paninis

#### **UNLIMITED**

Stir Fried Courgettes �️√

Baked Beans ��√

Mixed Salad Selection �� ��√

### **DESSERTS**

Fruity Flapjack ♥
Organic Fruit Yogurt ♥
Fruit Pots
Seasonal Fresh Fruit ♥
Ice Cream Tub

A selection of natural fruit drinks, milkshakes and bottled water are available.

# Provider of excellent quality, freshly cooked, tasty, nutritious school meals.

Why not try one of our delicious plant based dishes. Working to reduce sugar content of our desserts in line with current healthy living advice.

# OCTOBER

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## MARC



Vegetarian✓ Vegan

Gluten Free

Dairy Free







Autumn/Winter Menu 2023-24:

### **CHOOSE FROM**

Soft Sub Roll with Vegan Balls and Mariana Sauce **№** ✓

Creamy Vegetable Pasta Bake ♥ Sayoury Beef Bolognaise with Wholewheat Spaghetti

Jacket Potato with Various Fillings **● ● ● V** Pasta King Pasta Pots ♥ ♠V

#### **SANDWICHES**

Selection of Sandwiches. Baguettes, Wraps & Paninis

#### UNLIMITED

Fresh Seasonal Broccoli Sweetcorn **@**∀ Mixed Salad Selection ♥ ♠V

#### **DESSERTS**

Banana Cake & Custard V Organic Fruit Yogurt V Fruit Pots Seasonal Fresh Fruit **€** ✓ Ice Cream Tub

#### **CHOOSE FROM**

TUFSDAY

Roasted Mediterranean Vegetable Tagliatelle **€**¥

Climate Change Day

Sweet & Sour Vegetables with Mixed Rice ♥

Firecracker Pizza V

Jacket Potato with Various Fillings ● ● ♥ ● V

Pasta King Pasta Pots ♥ ♠√

#### **SANDWICHES**

Selection of Sandwiches. Baguettes, Wraps & Paninis

### UNLIMITED

Fresh Organic Carrots Minted Garden Peas ♥✓ Mixed Salad Selection ♥ ♠V

#### **DESSERTS**

Rice Pudding & Winter Berries ♥ Organic Fruit Yogurt V Fruit Pots Seasonal Fresh Fruit **№** ✓ Ice Cream Tub

#### **CHOOSE FROM**

Forest Fajita FV with Jacket Wedges

Cheese & Onion Puff W with **Jacket Wedges** 

Beef Curry with Mixed Rice

Jacket Potato with Various Fillings **® ® W ©V** 

Pasta King Pasta Pots ♥ ♠ 🏏

#### **SANDWICHES**

Selection of Sandwiches. Baguettes, Wraps & Paninis

#### **UNLIMITED**

Fresh Seasonal Roasted Root Vegetables **@**∀ Mixed Salad Selection ♥ ♠V

#### **DESSERTS**

Ice Cream Tub

Apple Crumble and Custard ♥ ♠ ✓ Organic Fruit Yogurt V Fruit Pots Seasonal Fresh Fruit **€**√

#### **CHOOSE FROM**

Spiced Bangkok Noodles Quorn Sausage Jambalya V Jerk Chicken with Rice & Peas Jacket Potato with Various Fillings ● ● ♥ ● ✓ Pasta King Pasta Pots ♥ ♠V

#### SANDWICHES

Selection of Sandwiches. Baguettes, Wraps & Paninis

#### **UNLIMITED**

Fresh Seasonal Cabbage **€**<sup>√</sup> Mixed Vegetables **€**¥ Mixed Salad Selection ♥ ♠V

### **DESSERTS**

Chocolate Cake with Custard Sauce V Organic Fruit Yogurt V Fruit Pots

Seasonal Fresh Fruit **@**V Ice Cream Tub

#### **CHOOSE FROM**

Pulled Smokey Jackfruit Burger with Chpped Potatoes **@**√ MSC Golden Crumb Fish Fingers & Chipped Potatoes

MSC Catch of the Day with Tartare Sauce & Chipped Potatoes

Jacket Potato with Various Fillings ● ● ● ●

Pasta King Pasta Pots ♥ ♠√

#### **SANDWICHES**

Selection of Sandwiches. Baquettes, Wraps & Paninis

### UNLIMITED

Minted Garden Peas **☞** ✓ Baked Beans **€**V Mixed Salad Selection ♥ ♥∀

## **DESSERTS**

Iced Lemon & Lime Courgette Cake **©**∀

Organic Fruit Yogurt V Fruit Pots

Seasonal Fresh Fruit V

Ice Cream Tub

A selection of natural fruit drinks, milkshakes and bottled water are available.

# Provider of excellent quality, freshly cooked, tasty, nutritious school meals.

Why not try one of our delicious plant based dishes. Working to reduce sugar content of our desserts in line with current healthy living advice.

# OCTOBER

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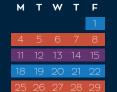
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### Vegetarian

Gluten Free

Dairy Free



#### **CHOOSE FROM**

Mediteranean Pasta Bake **№ Bubble Crumb Salmon Fillet** with Jacket Wedges Chiili Con Carne with Nachos

served with Mixed Rice

Jacket Potato with 

Pasta King Pasta Pots ♥ ♠V

#### **SANDWICHES**

Selection of Sandwiches. Baguettes, Wraps & Paninis

#### UNLIMITED

Fresh Seasonal Broccoli Sweetcorn **@**∀ Mixed Salad Selection ♥ ♠V

#### **DESSERTS**

Ice Cream Tub

4utumm/Winter Menu 2023-24

Pineapple Upside Down Cake & Custard V Organic Fruit Yogurt ♥ Fruit Pots Seasonal Fresh Fruit ♥V

#### **CHOOSE FROM**

Jollof Rice **№** ¥ Sweet Chilli Noodle Pot V Margarita Pizza & Garlic Bread V Jacket Potato with

Pasta King Pasta Pots ♥ ♠√

#### **SANDWICHES**

Selection of Sandwiches. Baguettes, Wraps & Paninis

#### UNLIMITED

Fresh Organic Carrots **@**V Green Beans **♥** ✓ Mixed Salad Selection ♥ ♠V

#### **DESSERTS**

Ice Cream Tub

Chocolate Brownie **₽**√ with Ice Cream ♥ ♥V Organic Fruit Yogurt V Fruit Pots Seasonal Fresh Fruit ♥V

#### **CHOOSE FROM**

Three Bean Chilli with Avocado Salsa and Mixed Rice **№** V Tomato & Spinach Pilaf ♥ Chicken Korma with Mixed Rice Jacket Potato with Various Fillings ● ● ♥ **(**\*\*)

# **SANDWICHES**

Selection of Sandwiches. Baquettes. Wraps & Paninis

Pasta King Pasta Pots ♥ ♥V

#### UNLIMITED

Sweetcorn Coblettes @V Mixed Vegetables **♥** Mixed Salad Selection ♥ ♠ Y

#### **DESSERTS**

Coconut Jelly **☞** ¥ Organic Fruit Yogurt V Fruit Pots Seasonal Fresh Fruit 🐠 Ice Cream Tub

#### **CHOOSE FROM**

Sri Lankan Sweet Potato & Coconut Curry **№** ✓ served with Savoury Rice V

Cheese & Pepper Frittata ♥ with Jacket Wedges

Southern Fried Chicken Burger with Jacket Wedges

Jacket Potato with Various Fillings ♥ ♥ ♥ V Pasta King Pasta Pots ♥ ♥✓

**SANDWICHES** 

Selection of Sandwiches. Baguettes, Wraps & Paninis

### **UNLIMITED**

Roasted Seasonal Root Vegetables **₽**V Mixed Salad Selection ♥ ♥V

# **DESSERTS**

Ginger Cake & Custard ♥ Organic Fruit Yogurt V Fruit Pots Seasonal Fresh Fruit **♥Y** Ice Cream Tub

### **CHOOSE FROM**

Spicy Vegetable Quesdilla ♥ v with Chipped Potatoes V MSC Catch of the Day with Oven **Baked Chipped Potatoes** MSC Fish Fingers & Chips Jacket Potato with Various Fillings ● ● V ● V Pasta King Pasta Pots ♥ ♠V

#### **SANDWICHES**

Selection of Sandwiches. Baguettes, Wraps & Paninis

#### UNLIMITED

Minted Garden Peas **☞** ✓ Baked Beans **@**√ Mixed Salad Selection ♥ ♠V

# **DESSERTS**

Lemon Cheesecake V Organic Fruit Yogurt V Fruit Pots Seasonal Fresh Fruit **☞** ✓ Ice Cream Tub

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# OCTOBER

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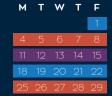
# DECEMBER

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# **FEBRUARY**

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Vegetarian

Gluten Free

Dairy Free

