

## VEGPOWER

Don't forget copies of the vegpower reward chart are available from your school cooks or visit [vegpower.org.uk](http://vegpower.org.uk) for great tips from the experts and simple recipes from top chefs.



Our dishes are **FRESHLY PREPARED** using seasonal and including local produce

**VARIETY OF BREADS**  
BAKED DAILY  
BY OUR EXPERIENCED  
SCHOOL CHEFS



OUR MENUS MEET ALL THE GOVERNMENT FOOD BASED STANDARDS.



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**WEEK 1** 21st Oct, 11th Nov, 2nd Dec, 6th Jan, 27th Jan, 24th Feb, 16th Mar, 20th Apr, 11th May, 8th Jun, 29th Jun

MEAT OPTION	<b>Stuffed Crust* Margherita Pizza</b> Pasta Shapes Sweetcorn Creamy Coleslaw	<b>Brunch Lunch:</b> Farm Assured Back Bacon Scrambled Egg Grilled Tomato Potato Rosti & Baked Beans	<b>Roast Turkey with Sage &amp; Onion Stuffing &amp; Roast Gravy</b> Creamy Mash Medley of Seasonal Vegetables	<b>Organic Meatballs served with Homemade Tomato &amp; Vegetable Sauce</b> Multi Grain Savoury Rice Carrot Batons & Broccoli Florets	<b>Battered Fish Fillet</b> (sustainably caught MSC) served with Lemon Wedge Chips, Baked Beans Salad Bar Selection

DESSERTS	<b>Granola &amp; Yoghurt Fruit Sundae</b>	<b>Forest Berry Sponge served with Custard Sauce</b>	<b>Strawberry Jelly &amp; Cream</b>	<b>Vanilla &amp; Lemon Yoghurt Cake</b>	<b>Chocolate Ice Cream with Fruit Couli</b>

**WEEK 2** 28th Oct, 18th Nov, 9th Dec, 13th Jan, 3rd Feb, 2nd Mar, 23rd Mar, 27th Apr, 18th May, 15th Jun, 6th Jul

MEAT OPTION	<b>Hearty Cowboy Casserole</b> Potatoes in the Skins Cauliflower & Broccoli Florets	<b>Vegetarian En croute</b> Minted Potatoes Carrot & Swede Mash Garden Peas Gravy	<b>Farm Assured Roast Loin of Pork with Apple Sauce &amp; Roast Gravy</b> Roast Potatoes, Creamy Mash Seasonal Medley of Vegetables	<b>Stuffed Crust* Roasted Pepper &amp; Sweetcorn Pizza</b> Tomato Pasta Vegetable Crudite Sweetcorn	<b>Fish Burger in a Bun served with Crunchy Lettuce and Tartare Sauce</b> Chips, Baked Beans Salad Bar Selection

DESSERTS	<b>Orange &amp; Cinnamon Roll</b>	<b>Cherry Shortcake</b>	<b>Seasonal Fruit Crumble served with Custard Sauce</b>	<b>Cream Meringues</b>	<b>Vanilla Ice cream &amp; Fruit Couli</b>

**WEEK 3** 4th Nov, 25th Nov, 16th Dec, 20th Jan, 10th Feb, 9th Mar, 30th Mar, 4th May, 1st Jun, 22nd Jun, 13th Jul

MEAT OPTION	<b>Organic Pork &amp; Vegetable Pastie</b> Minted Potatoes Broccoli & Cauliflower Florets	<b>Organic Beef Bolognese</b> Spaghetti Peas Vegetable Crudite	<b>Roasted Farm Assured Chicken Roulade filled with Spinach &amp; Cheese served with Fresh Tomato Sauce</b> Parsley Potatoes, Carrot Batons Savoy Cabbage	<b>Farm Assured British Pork Sausages with Gravy</b> Creamy Potato & Parsnip Mash Green Beans Sweetcorn	<b>Cod or Salmon Fish Fingers (sustainably sourced) served with Tomato Sauce</b> Chips, Peas Salad Bar Selection

DESSERTS	<b>Courgette &amp; Lime Cake</b>	<b>Chocolate &amp; Pear Sponge with Chocolate Sauce</b>	<b>Strawberry Jelly with Fresh Fruit</b>	<b>Bramley Apple Oaty Crumble served with Custard Sauce</b>	<b>Cheese &amp; Biscuits</b>

\* 'stuffed crust' denotes that all pizza bases contain added grated vegetables