

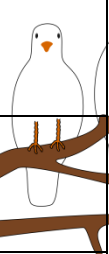
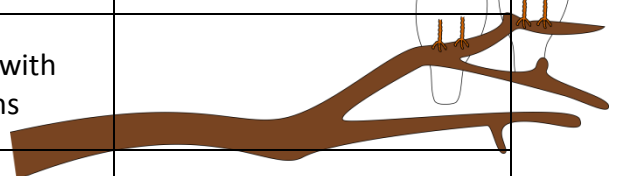
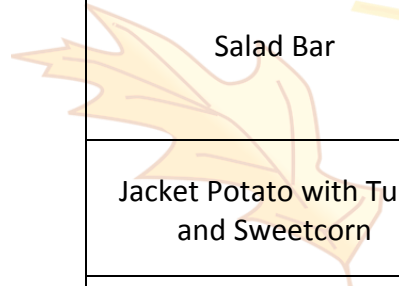
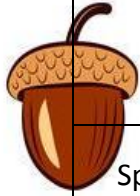



Winter 2016 - School Menu 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wicks Manor Farm Pork and Apple Burger in a Brioche Bun served with Tomato Salsa or Spicy Bean Burger in a Brioche Bun served with Tomato Salsa	Local Butchers Minced Beef Curry served with Fluffy Rice or NEW! Tomato and Basil Pasta Crumble	Local Butcher's Roast Chicken served with Yorkshire Pudding & Gravy or Smothered Quorn Sausages (quorn sausage in a rich apple and onion gravy)	Pizza Day! Choose a Hearty Slice of Delicious Homemade Pizza Dough with Your Favourite Toppings! (Cheese & Tomato, or Pepperoni)	Harry Ramsdens Battered Fish Fillet served with Tomato Sauce  or Free Range Folded Omelette
Warm Potato Salad Salad Bar	Homemade Best of Both Bread Salad Bar	Roast Potatoes Fresh Sliced Carrots Whole Green Beans	Salad Bar	Chips Garden Peas Baked Beans Salad Bar
Jacket Potato with Tuna and Sweetcorn	Jacket Potato with Cheese	 Fresh Fruit Platter Or Yeo Valley yoghurt	Jacket Potato with Baked Beans	 Fruit Salad and Ice Cream Or Yeo Valley yoghurt or Selection of Fresh Fruit
Homemade Chocolate Brownie served with a Wedge of Fresh Orange Or Yeo Valley yoghurt or Selection of Fresh Fruit	Homemade Gingerbread Pudding and Vanilla Sauce Or Yeo Valley yoghurt or Selection of Fresh Fruit	Fresh Fruit Platter Or Yeo Valley yoghurt	NEW! Caribbean Muffins Or Yeo Valley yoghurt or Selection of Fresh Fruit	Fruit Salad and Ice Cream Or Yeo Valley yoghurt or Selection of Fresh Fruit



Fresh Bread and Cold Milk available everyday

Winter 2016 - School Menu 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Local Butcher's Beefburger served in a Brioche Bun with Sliced Tomato and Finely Shredded Iceberg Lettuce or	Homemade Southern Crumbed Chicken Breast Fillet or	Local Butcher's Roast Pork served with Yorkshire Pudding & Gravy or	Homemade Beef Lasagne or	Oven Baked Birds Eye Omega 3 Chunky Fish Finger with Ketchup or Mayonnaise  or
Vegetarian Burger served in a Brioche Bun with Sliced Tomato and Finely Shredded Iceberg Lettuce	Linda McCartney Vegetarian Sausages	Roasted Quorn Fillet served with a Yorkshire Pudding & Gravy	Cauliflower and Broccoli Pasta Bake	Cheese & Tomato Quiche
NEW! Cajun Spiced Jacket Wedges and Garlic Mayo Salad Bar	NEW! Patatas Bravas Salad Bar	Roast Potatoes Chunks of Fresh Carrot and Swede Garden Peas	Garlic Bread Salad Bar	Chips Sweetcorn Garden Peas Salad Bar
Jacket Potato with Cheese and/or Baked Beans	Jacket Potato with Cheese and/or Baked Beans		Jacket Potato with Tuna and Sweetcorn	
Fruit Pots Or Yeo Valley yoghurt or Selection of Fresh Fruit	Lemon Drizzle Cake Or Yeo Valley yoghurt or Selection of Fresh Fruit	Fresh Fruit Platter or Yeo Valley yoghurt o	NEW! Viennese Biscuits and a Glass of Milkshake Or Yeo Valley yoghurt Or Selection of Fresh Fruit	Cranberry Flapjack with a Yoghurt Drizzle Or Yeo Valley yoghurt Or Selection of Fresh Fruit



Fresh Bread and Cold Milk available everyday

Winter 2016 - School Menu 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Day! Choose a Hearty Slice of Delicious Homemade Pizza Dough Topped With Pepperoni or Cheese and Tomato	Homemade Mild Chilli Con Carne (made with local butcher's mince) or Quorn Balls in a Rich Tomato Sauce	Local Butcher's Roast Turkey served with Yorkshire Pudding & Gravy or Vegetarian Toad in the Hole	Homemade Popcorn Chicken Fillet (made with 100% chicken breast) or Vegetarian Strudel	Local Butcher's Sausage served in a Finger Roll with Tomato Ketchup or Vegetarian Sausage in a Finger Roll
	Hero Pasta Salad Salad Bar	Wholegrain and White Rice Salad Bar	Roast Potatoes Fresh Sliced Carrots Broccoli Florets	NEW! Patatas Bravas Sweetcorn Salad Bar
Jacket Potato with Baked Beans	Jacket Potato with Chilli or Cheese		Wholemeal Sub Roll with Turkey and Salad	
Fresh Fruit Platter Or Yeo Valley yoghurt	Homemade Banana and Caramel Cake Or Yeo Valley yoghurt or Selection of Fresh Fruit	Waffles and Winter Fruit Compote Or Yeo Valley yoghurt or Selection of Fresh Fruit	Homemade Jam Sponge and Custard Or Yeo Valley yoghurt or Selection of Fresh Fruit	Peaches and Ice Cream with a Raspberry Coulis or Yeo Valley yoghurt or Selection of Fresh Fruit



Fresh Bread and Cold Milk available everyday



Fresh Bread and Cold Milk available everyday