

# FOOD TO FLOURISH

## WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CHOOSE FROM</b> Baked pork sausages with gravy and choice of potato</p> <p>✔ Italian style tomato pasta with garlic bread finger</p> <p><b>ON THE SIDE</b> Served with green beans</p> <p><b>TO FINISH</b> Ice cream</p>	<p><b>CHOOSE FROM</b> Roast beef, Yorkshire pudding</p> <p>✔ Quorn burger, Yorkshire pudding</p> <p><b>ON THE SIDE</b> Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots</p> <p><b>TO FINISH</b> A choice of cold desserts</p>	<p><b>CHOOSE FROM</b> *Bubble salmon and sweet potato mash</p> <p>✔ Margherita pizza</p> <p><b>ON THE SIDE</b> Served with garden peas and sweetcorn mix</p> <p><b>TO FINISH</b> Chocolate and pear crumble with chocolate custard</p>	<p><b>CHOOSE FROM</b> Roast chicken</p> <p>✔ Vegetarian sausages</p> <p><b>ON THE SIDE</b> Served with roast potatoes, gravy, cabbage and baton carrots</p> <p><b>TO FINISH</b> A choice of cold desserts</p>	<p><b>CHOOSE FROM</b> Fish fingers and chips with tomato ketchup</p> <p>✔ Sweet potato and lentil curry with brown and white rice and Naan style bread</p> <p><b>ON THE SIDE</b> Served with baked beans or garden peas</p> <p><b>TO FINISH</b> Apple and blackberry love cake</p>



A selection of alternative desserts; Banana, apple, orange, yoghurt, rice pot, fruity pot, cheese and biscuits or fruit juice are available daily

## WEEK 2

<p><b>CHOOSE FROM</b> Ham and cheese macaroni with garlic bread finger</p> <p>✔ Quorn burger with gravy and herby diced potatoes</p> <p><b>ON THE SIDE</b> Served with a trio of vegetables</p> <p><b>TO FINISH</b> Fruit smoothie pot or apple lolly</p>	<p><b>CHOOSE FROM</b> Roast pork</p> <p>✔ Vegetarian sausage puff</p> <p><b>ON THE SIDE</b> Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots</p> <p><b>TO FINISH</b> A choice of cold desserts</p>	<p><b>CHOOSE FROM</b> ✔ Vegetable chilli with brown and white rice</p> <p>✔ Margherita pizza with salsa salad</p> <p><b>ON THE SIDE</b> Served with broccoli or peppers and sweetcorn</p> <p><b>TO FINISH</b> Jumble biscuit</p>	<p><b>CHOOSE FROM</b> Chicken and sweetcorn pie</p> <p>✔ Vegetable goujons</p> <p><b>ON THE SIDE</b> Served with mashed potatoes, gravy, green beans, carrots and swede</p> <p><b>TO FINISH</b> A choice of cold desserts</p>	<p><b>CHOOSE FROM</b> Battered fish and chips with tomato ketchup</p> <p>✔ BBQ vegetable and bean wrap</p> <p><b>ON THE SIDE</b> Served with garden peas</p> <p><b>TO FINISH</b> Fruity chocolate bake</p>
---	---	--	---	--

Additional bread and salad are available daily



## WEEK 3

<p><b>CHOOSE FROM</b> Sausage roll with tomato relish and mashed potato</p> <p>✔ Vegetarian cottage pie</p> <p><b>ON THE SIDE</b> Served with garden peas</p> <p><b>TO FINISH</b> Fruit with natural yoghurt</p>	<p><b>CHOOSE FROM</b> Roast chicken</p> <p>✔ Vegetarian meat free balls</p> <p><b>ON THE SIDE</b> Served with roast potatoes, gravy and a medley of broccoli, cauliflower and carrots</p> <p><b>TO FINISH</b> A choice of cold desserts</p>	<p><b>CHOOSE FROM</b> Thai chicken curry, with brown and white rice, Naan style bread</p> <p>✔ Margherita pizza</p> <p><b>ON THE SIDE</b> Served with garden peas</p> <p><b>TO FINISH</b> St Clements sponge and custard</p>	<p><b>CHOOSE FROM</b> Roast pork</p> <p>✔ Vegetable lattice slice</p> <p><b>ON THE SIDE</b> Served with roast potatoes, gravy, green beans and diced carrots</p> <p><b>TO FINISH</b> A choice of cold desserts</p>	<p><b>CHOOSE FROM</b> Fish fingers and chips with tomato ketchup</p> <p>✔ Roasted vegetable pasta and garlic bread finger</p> <p><b>ON THE SIDE</b> Served with baked beans or garden peas</p> <p><b>TO FINISH</b> Apple taco</p>
--	---	--	--	---

Jacket potatoes may be available locally – please check with your school    ✔ Vegetarian    \* Gold award winner Crown Foods MSC Gluten Free Bubble Coated Salmon Fillets

## CALENDAR

**OCTOBER 2017**

u	M	Tu	W	Th	F	Sa
	2	3	4	5	6	7
	9	10	11	12	13	14
5	16	17	18	19	20	21
2	23	24	25	26	27	28
9	30	31				

**NOVEMBER 2017**

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**DECEMBER 2017**

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**JANUARY 2018**

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**FEBRUARY 2018**

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

**MARCH 2018**

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31