



Week Commencing 04/06/18

## DAILY CHEF SPECIALS!

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Wholemeal Pizza Served with Fresh Garden and Pasta Salads	Homemade Chicken Fajitas – Served with New Potatoes and Salad	Homemade Wholemeal Tomato Pasta Bake Served with Green Beans	Homemade Caribbean Curry Beef Served with Rice and Peas	Fish Fingers or Fishcake Served with Homemade Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Tuna Pasta Salad with Sweetcorn and Peppers	Pesto Pasta	Onion Bhaji Served with Salad and Mango Chutney	Homemade Falafel Pitta Bread	Meat Free Rolls
<b>Homemade Soup</b>	Chef's Choice	Tomato and Lentil	Chef's Choice	Pea and Mint	Chef's Choice
<b>Starchy Food Various Bread Choices Available</b>	Wholemeal Pizza	New Potato	Wholemeal Pasta	Rice	Homemade Chips
<b>Vegetables Salad Bar with Hummous</b>	Salad Choices	Salad Choices	Green Beans	Kidney Beans	Mushy Peas
<b>Dessert Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time</b>	Homemade Shortbread Biscuits  Fresh Fruit	Homemade Carrot Cake  Fresh Fruit	Chad's Cake  Fresh Fruit	Fresh Fruit Salad	Cheese and Crackers  Yoghurt Selection

All our meat is farm assured from local suppliers, we use free range eggs, organic milk, pasta and flour. All of our fruit and vegetables are locally sourced where possible.

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Week Commencing 11/06/18

## DAILY CHEF SPECIALS!

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Broccoli and Cheese Wholemeal Pasta Bake	Homemade Spanish Chicken Served with Yellow Wholegrain Rice and Salad	Homemade Vegetable and Rice Enchiladas Served with Garlic New Potatoes	Moroccan Lamb – Cumbrian Lamb Cooked with Spices Served with Cous Cous	Homemade Battered Fish or Fish Finger Served with Homemade Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Caribbean Vegetable Skewers with Wholemeal Pita	Homemade Cheese and Onion Quiche	‘Twice Baked’ Jackets	Homemade Cauliflower Cheese	Homemade Salmon Fish Pie and Peas
<b>Homemade Soup</b>	<b>Chef’s Choice</b>	<b>Tomato and Lentil</b>	<b>Chef’s Choice</b>	<b>Leek and Potato</b>	<b>Chef’s Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Wholemeal Pasta	Wholegrain Rice	New Potatoes	Cous Cous	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Broccoli and Salad</b>	<b>Salad Choices</b>	<b>Tomato and Cucumber</b>	<b>Peppers and Onions</b>	<b>Mushy Peas</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Apple Flapjacks  Fresh Fruit	Homemade ‘Chocolate’ Fudge Cake  Fresh Fruit	Homemade Pineapple and Coconut Sponge  Fresh Fruit	Fresh Fruit Salad	Cheese and Crackers  Yoghurt Selection

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Week Commencing 18 06 18

## DAILY CHEF SPECIALS!

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Vegetable Lasagne – Served with Green Beans and Salad	Homemade Chicken Puff Pastry Pie – Served with Seasonal Veg and Minted Potatoes	Homemade Vegetable and Cheese Quesadillas Served with Baked Wedges	Big Brekkie – Cumbrian Sausage, Mushrooms, Scrambled Egg and Wholemeal Toast	Fish Finger or Fishcake Served with Homemade Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Cheese and Tomato Wholemeal Toasties	‘Twice Baked’ Jackets	Homemade Cheese and Tomato Quiche	Homemade Veg and Lentil Stew	Meat Free Rolls
<b>Homemade Soup</b>	Chef’s Choice	Tomato and Lentil	Chef’s Choice	Curried Cauliflower	Chef’s Choice
<b>Starchy Food</b> Various Bread Choices Available	Pasta	New Potatoes	Wedges	Wholemeal Toast	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummous	Salad Choices	Seasonal Vegetables	Cucumber, Corn	Mushrooms, Beans	Mushy Peas
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Apple and Oat Crumble with Custard  Fresh Fruit	Fresh Fruit Pavlova  Fresh Fruit	‘Angies’ Cookies  Fresh Fruit	Fresh Fruit Salad	Cheese and Crackers  Yoghurt Selection

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Week Commencing 25/06/18

## DAILY CHEF SPECIALS!

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Vegetable Paella – Wholegrain Rice with Peppers and Citrus Flavours Served with Crusty Bread	Homemade Wholegrain Spaghetti Beef Bolognese	Homemade Vegetable Curry with Lentils and Green Beans Served with Wholegrain Rice	Sliced Ham, Cauliflower Cheese With Roasted New Potatoes	Homemade Battered Fish or Fish Finger Served with Homemade Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Vegetable Spaghetti Stir-fry	Homemade Cheese and Mushroom Quiche	Cheesy Beans Pasta Bake	'Twice Baked' Jackets	Salmon Fish Pie
<b>Homemade Soup</b>	<b>Chef's Choice</b>	<b>Tomato and Lentil</b>	<b>Chef's Choice</b>	<b>Carrot and Orange</b>	<b>Chef's Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Wholegrain Rice	Wholemeal Pasta	Wholegrain Rice	New Potatoes	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Pepper and Onion</b>	<b>Tomato, Cucumber</b>	<b>Green Beans</b>	<b>Cauliflower</b>	<b>Mushy Peas</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh Fruit Yoghurt Crunch Pots  Fresh Fruit	Fresh Fruit Jelly and Ice Cream  Fresh Fruit	Homemade Shortbread  Fresh Fruit	Fresh Fruit Salad  Fresh Fruit	Homemade Cherry Bakewell  Fresh Fruit

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Week Commencing 02/07/18

## DAILY CHEF SPECIALS!

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Macaroni Cheese with Peas Served with Garlic Bread	Homemade Chicken Tikka Served with Yellow Split Pea Dhal Sauce	Homemade Wholemeal Pizza with Garlic and Tomato Sauce, Served with Fresh Salad	Homemade Meatball Subs Served with Wedges	Homemade Battered Fish or Meat Free Rolls Served with Homemade Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Colcannon Potato Croquettes	Home Cheese and Chive Quiche	'Twice Baked' Jackets	Homemade Fish Finger Subs	Veggy Burgers
<b>Homemade Soup</b>	<b>Chef's Choice</b>	<b>Tomato and Lentil</b>	<b>Chef's Choice</b>	<b>Chunky Veg</b>	<b>Chef's Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Wholemeal Pasta	Dahl Sauce	Wholemeal Pasta	Bread	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Salad Choices</b>	<b>Salad Choices</b>	<b>Salad Choices</b>	<b>Salad Choices</b>	<b>Mushy Peas</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade 'Chocolate' Cookies  Fresh Fruit	Banana and Custard  Fresh Fruit	Homemade Sultana Shortbread  Fresh Fruit	Fresh Fruit Salad	Cheese and Crackers  Yoghurt Selection

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## Italian Theme Day

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Quorn Mince Cottage Pie Served with Broccoli and Pickled Red Cabbage	Homemade Chicken Curry Served with Wholemeal Rice and Green Beans	Spaghetti Bolognese Homemade Focaccia Grassini Breadsticks	Traditional Liverpool Scouse Served with Pickled Beetroot and Crusty Bread	Fish Finger or Fishcake Served with Homemade Chips and Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Homemade Cheese and Potato Quiche	Cheese and Tomato Toasties	Mushroom Tagliatelle Minestrone Soup	Baked Beans on Toast	Homemade Salmon Fish Pie
<b>Homemade Soup</b>	Chef's Choice	Tomato and Lentil		Chef's Choice	Chef's Choice
<b>Starchy Food</b> Various Bread Choices Available	Mashed Potato	Wholegrain Rice	Pasta	Potato	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummous	Broccoli	Green Beans		Carrot, Swede	Mushy Peas
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Apple Flapjacks Fresh Fruit	Fruit Scones with Jam and Cream Fresh Fruit	Lime Jelly, Vanilla Ice Cream and Raspberry Jelly Fresh Fruit	Fresh Fruit Salad Fresh Fruit	Wimbledon Strawberries and Cream

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Week Commencing 16/07/18

## DAILY CHEF SPECIALS!

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Meat Free Burritos Served with Fresh Salads and Potato Wedges	Roast Chicken Dinner Served with Yorkshire Pudding, Roast Potato and Seasonal Vegetables	PICNIC GRAB BAG DAY	Chicken Goujon Wraps – Breaded Chicken with Lettuce and Mayo in a Soft Flour Tortilla	Beef Burger in a Bun Served with Homemade Chips and Coleslaw
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Homemade Vegetable and Feta Pasta	Cheese and Onion Plate Pie	Sandwich/Wrap Cake/Yoghurt Fruit Fruit Juice Carton	Quorn Pasta Bolognese	Veggie Burgers
<b>Homemade Soup</b>	<b>Chef's Choice</b>	<b>Tomato and Lentil</b>		<b>Chef's Choice</b>	<b>Chef's Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Potato Wedges	Roast Potato		Tortilla Wraps	Chips
<b>Vegetables</b> Salad Bar with Hummous	<b>Tomato, Lettuce</b>	<b>Seasonal Vegetables</b>		<b>Onion, Cucumber</b>	<b>Homemade Coleslaw</b>
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Homemade Marble Cake  Fresh Fruit	Homemade Apple and Oat Crumble with Ice Cream  Fresh Fruit	To Be Enjoyed Outside Weather Permitting!	Fresh Fruit Salad	Homemade Cookies  Fresh Fruit

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Week Commencing 23/07/18

## DAILY CHEF SPECIALS!

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Chef's Choice	End of Term Party	Summer Holiday	Summer Holiday	Summer Holiday
<b>Alternative</b> Jacket Potatoes with Tuna and other Fillings Available Daily	Chef's Choice	End of Term Party			
<b>Homemade Soup</b>					
<b>Starchy Food</b> Various Bread Choices Available	Chef's Choice	End of Term Party			
<b>Vegetables</b> Salad Bar with Hummous					
<b>Dessert</b> Fresh Fruit, Selection of Low Fat Yoghurts and Homemade Puddings Available Every Lunch time	Chef's Choice	End of Term Party			

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