

# School Menu

## WEEK 1

### MONDAY



BRITISH SAUSAGE

Baked Sausage and Gravy

**Sonny's**

NEW

Sweet Tommy Sauce 'n' Pasta (V)  
(HS)

Oven Roasted Diced Potatoes

Sweetcorn

Jacket Potato with Tuna  
Mayonnaise OR Baked Beans

Steamed Syrup Sponge & Custard  
(HS)

Fresh Fruit Platter or  
Ann Forshaw's Yoghurt

Apple & Blackcurrant Juice, Orange  
Juice, Chilled Milk or Water

### TUESDAY

Chicken Korma or  
Chicken Tikka Masala

Vegetarian Savoury Mince Cobbler  
(HS) (V)

Boiled Rice or Oven Chips

Broccoli Florets

Jacket Potato with Cheesy Coleslaw  
OR Baked Beans

NEW

Pineapple Upside Down Cake &  
Custard (HS)

Fresh Fruit Platter or  
Ann Forshaw's Yoghurt

Strawberry Milk Shake, Orange  
Juice, Chilled Milk or Water

### WEDNESDAY

Roast Beef in Gravy

Quorn Grill (V)

Baked Yorkshire Pudding

Mashed/Roast Potatoes

Mixed Vegetables

Jacket Potato with Ham OR  
Grated Cheddar Cheese

Strawberry Ice Cream

Fresh Fruit Platter or  
Ann Forshaw's Yoghurt

Apple & Blackcurrant Juice, Orange  
Juice, Chilled Milk or Water

### THURSDAY

Beef Lasagne or Spaghetti Bolognese  
(HS)

Vegetable & Pasta Mornay (V) (HS)

Garlic Bread (HS)

Country Mixed Vegetables

Jacket Potato with Baked Beans OR  
Cheesy Coleslaw

Cherry Flapjack (HS)

Fresh Fruit Platter or  
Ann Forshaw's Yoghurt

Strawberry Milk Shake, Apple &  
Blackcurrant Juice, Chilled Milk or  
Water

### FRIDAY



Bird's Eye Fish Finger

Cheddar Cheese & Onion  
Quiche (V) (HS)

Mashed Potatoes

Garden Peas or Baked Beans

Jacket Potato with Baked Beans  
OR Tuna Melt

Fruit Salad with  
Vanilla Crunch Biscuit (HS)

Ann Forshaw's Yoghurt

Apple & Blackcurrant Juice,  
Orange Juice, Chilled Milk or  
Water

## WEEK 2



**Meat Free Monday**

Cheese & Tomato Pizza

Tuna & Sweetcorn Pizza

NEW

Vegetarian Supreme Pizza (V)

Spaghetti Hoops

Broccoli Florets

Jacket Potato with Cheesy Beans  
OR Baked Beans

Oaty Apple Slice (HS)

Fresh Fruit Platter or  
Ann Forshaw's Yoghurt

Apple & Blackcurrant Juice, Orange  
Juice, Chilled Milk or Water



Meatball Risotto (HS)



Vegetarian Curry NEW

Boiled Rice

Sweetcorn

Jacket Potato with Ham  
OR Baked Beans

Steamed Jam Sponge & Custard  
(HS)

Fresh Fruit Platter or  
Ann Forshaw's Yoghurt

Strawberry Milk Shake, Orange  
Juice, Chilled Milk or Water



Roast Turkey Breast  
in Gravy with Sage and Onion  
Stuffing

Quorn Sausage (V)

Mashed/Roast Potatoes

Carrot Roundels

Jacket Potato with Cheesy  
Coleslaw OR Grated Cheddar  
Cheese

Ice Cream Sponge Roll

Fresh Fruit Platter or  
Ann Forshaw's Yoghurt

Apple & Blackcurrant Juice, Orange  
Juice, Chilled Milk or Water

**Nathan's**

NEW

Chicken & Broccoli Pasta Bake (HS)

Vegetarian Pattie & Gravy (HS) (V)

Oven Roasted Potato Wedges

Sliced Green Beans

Jacket Potato with Tuna Melt OR  
Baked Beans

Carrot Cake (HS)

Fresh Fruit Platter or  
Ann Forshaw's Yoghurt

Strawberry Milk Shake, Apple &  
Blackcurrant Juice, Chilled Milk  
or Water

Breaded Salmon Fillet

Omelette (V)

Oven Chips

Mushy Peas OR Baked Beans

Jacket Potato with Baked Beans  
OR Cheesy Beans

Fruit Salad with Chocolate  
Crunch Biscuit (HS)

Ann Forshaw's Yoghurt

Apple & Blackcurrant Juice,  
Orange Juice, Chilled Milk or  
Water

Help yourself Salad trolley is available daily as an alternative to the named vegetables of the day.

Selection of Breads available daily.

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\*Cooks Choice day - Menu will be displayed on menu board in school\*

Cookery competition winners Sonny McNeil-Woodley Primary, Nathan Louth-Torkington Primary,  
Thomas McDonald-North Reddish Junior School and Thomas Gregory-Ladybrook Primary

Solutions SK cannot guarantee that all the products featured on their menus are nut free

Key: (HS) Homestyle (V) Vegetarian



Marine Stewardship Council—certified sustainable seafood



# School Menu

## MONDAY

### WEEK 3

W/C 31st Oct 11  
W/C 28th Nov 11  
W/C 2nd Jan 12  
W/C 30th Jan 12  
W/C 5th Mar 12  
9th Mar—Cooks Choice

**Thomas M's** NEW  
Sweet Chilli Chicken **(HS)**  
NEW Vegetarian Chilli Con Carne **(V)** **(HS)**  
Boiled Rice  
Country Mixed Vegetables  
Jacket Potato with Cheesy Beans  
OR Grated Cheddar Cheese  
Vanilla Ice Cream  
Fresh Fruit Platter or  
Ann Forshaw's Yoghurt  
Apple & Blackcurrant Juice, Orange  
Juice, Chilled Milk or Water

## TUESDAY



BRITISH SAUSAGE

NEW Baked British Sausage  
Roasted Pepper Quiche **(HS)** **(V)**  
Oven Chips  
Broccoli Florets  
Jacket Potato with Baked Beans  
OR Cheesy Coleslaw  
NEW Chocolate Sponge & Chocolate  
Sauce **(HS)**  
Fresh Fruit Platter or  
Ann Forshaw's Yoghurt  
Strawberry Milk Shake, Orange  
Juice, Chilled Milk or Water

## WEDNESDAY



Roast Pork in Gravy & Apple Sauce  
Quorn Sausage **(HS)** **(V)**  
Mashed/Roast Potatoes  
Carrots & Peas  
Jacket Potato with Grated Cheddar  
Cheese OR Tuna Mayonnaise  
Jam & Cream Scone **(HS)**  
Fresh Fruit Platter or  
Ann Forshaw's Yoghurt  
Apple & Blackcurrant Juice, Orange  
Juice, Chilled Milk or Water

## THURSDAY

Meat & Potato Pie **(HS)**  
Macaroni Cheese Bake **(V)** **(HS)**  
Oven Roasted Potato Wedges  
Carrot Roundels  
Jacket Potato with Baked Beans  
OR Ham  
NEW Iced Lemon Sponge **(HS)**  
Fresh Fruit Platter or  
Ann Forshaw's Yoghurt  
Strawberry Milk Shake, Apple &  
Blackcurrant Juice, Chilled milk or  
Water

## FRIDAY



Bird's Eye Fish Finger   
Vegetarian Sausage Pasta **(V)** **(HS)**  
Mashed Potatoes  
Garden Peas or Baked Beans  
Jacket Potato with Baked Beans OR  
Grated Cheddar Cheese  
Fruit Salad with Ginger  
Crunch Biscuit **(HS)**  
Ann Forshaw's Yoghurt  
Apple & Blackcurrant Juice, Orange  
Juice, Chilled Milk or Water

### WEEK 4

W/C 7th Nov 11  
W/C 5th Dec 11  
W/C 9th Jan 12  
W/C 6th Feb 12  
W/C 12th Mar 12



**Meat Free Monday**  
Cheese & Tomato Pizza  
Tuna & Sweetcorn Pizza  
Vegetarian Supreme Pizza **(V)**  
Spaghetti Hoops  
Garden Peas  
Jacket Potato with Tuna Melt OR  
Grated Cheddar Cheese  
Country Slice & Custard **(HS)**  
Fresh Fruit Platter or  
Ann Forshaw's Yoghurt  
Apple & Blackcurrant Juice, Orange  
Juice, Chilled Milk or Water

NEW

**Thomas G's**  
Roadrunners Chilli **(HS)**  
Vegetarian Sausage Roll  
Oven Baked Diced Potatoes  
Country Mixed Vegetables  
Jacket Potato with Ham OR  
Cheesy Coleslaw  
NEW Cheese & Biscuits **(HS)**  
Fresh Fruit Platter & Ann  
Forshaw's Yoghurt  
Strawberry Milk Shake, Orange  
Juice, Chilled Milk or Water



Roast Chicken Breast in Gravy &  
Sage and Onion Stuffing  
 Quorn Grill **(V)**  
Mashed/Roast Potatoes  
Carrot Roundels  
Jacket Potato with Tuna  
Mayonnaise OR  
Grated Cheddar Cheese  
Chocolate Ice Cream Sponge Roll  
Fresh Fruit Platter or  
Ann Forshaw's Yoghurt  
Apple & Blackcurrant Juice, Orange  
Juice, Chilled Milk or Water

NEW

Provençal Meatballs **(HS)**  
Vegetable Ravioli **(V)**  
Oven Baked Potato Wedges  
Sweetcorn  
Jacket Potato with Baked Beans OR  
Ham & Baked Beans  
Marbled Sponge & Chocolate Sauce  
**(HS)**  
Fresh Fruit Platter or  
Ann Forshaw's Yoghurt  
Strawberry Milk Shake, Apple &  
Blackcurrant Juice, Chilled Milk or  
Water

Breaded Salmon Fillet   
Cheese & Onion Frittata **(HS)** **(V)**  
Oven Chips  
Mushy Peas or Baked Beans  
Jacket Potato with Baked Beans OR  
Cheesy Coleslaw  
Fruit Salad with Lemon  
Crunch Biscuit **(HS)**  
Ann Forshaw's Yoghurt  
Apple & Blackcurrant Juice, Orange  
Juice, Chilled Milk or Water

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Just Eat More (fruit & veg)

# What's New on the Menu?

We have spent the last 2 terms testing and tasting recipes for our new menus. A big thank you goes out to all our cooks and children who helped us! It is our aim to source products as locally as possible in order to reduce food miles and protect the environment.



Just Eat More  
(fruit & veg)

That's why we are confident that your child will enjoy our latest menu. We think it's better than ever and don't forget, your school provides up to three of your child's 5 a day - every day.

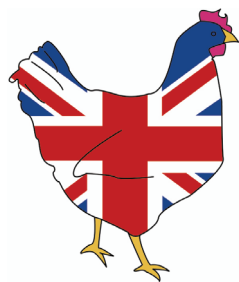
We hope you will choose a healthy school lunch for your child this term.



Quorn a quality brand that enables us to offer a purely vegetarian alternative source of protein to meat.



All Red Tractor Food is independently inspected at all levels including the farm transportation, processing and packaging and is fully traceable back to the farm.



The chicken breast used in our menu is Red Tractor - Assured and British.



This award was accredited to the manufacturer of our Healthier Option Pork Sausage which is featured on new menus.



The Million Meals Campaign is being spearheaded by the School Food Trust, and is supported by a range of well known organisations and agencies including Solutions SK who are supporting the health and well being of children and young people.

CERTIFIED  
SUSTAINABLE  
SEAFOOD  
**MSC**  
www.msc.org



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

The chain of custody code is MML—C—1009 -16