

# Week Three Menu

Weeks commencing: 19<sup>th</sup> January, 9<sup>th</sup> February

	Dinner choices	Tea choices
Monday	Crispy Chicken Burger with Salad & Fries	Tea's done in House
	Moroccan Cauliflower Bites with Spicy Savoury Rice & Mint Yoghurt. 	Tea's done in House
Tuesday	Sweet Chilli Battered Chicken Breast Bites Served with Egg Noodles	Tea's done in House
	Homemade Cheese and Onion Pie 50% Wholemeal with Beans 	Tea's done in House
Wednesday	Beef Stew and Dumplings	Tea's done in House
	Mac & Cheese with a Crunch Crumb with Garlic Dough Bites 	Tea's done in House
Thursday	Chicken and Vegetable Cobbler	Tea's done in House
	Homemade Cheese and Onion Loaded Potato Skins 	Tea's done in House
Friday	Vegan Sausage Rolls with Chips & Beans 	No Tea's
	Msc Fish Fingers with Chips & Beans	

**Jacket potatoes, salad and vegetables are available daily**

We are a Food For Life Gold School, which means we use at least 15% organic and 50% local ingredients, and like all the awarded schools, at least 75% is freshly prepared and uses sustainable sourced fish and ethical and environmentally friendly food.

All of our meat is red tractor and locally sourced from Brostes farm. Our fruit and vegetables are locally sourced from Freshfields, and we use organic and seasonal products in our meals.

