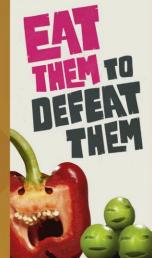
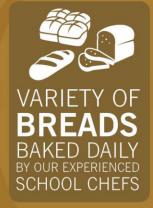


Don't forget copies of the vegpower reward chart are available from your school cooks or visit vegpower.org.uk for great tips from the experts and simple recipes from top chefs.















## TUESDAY WEDNESDAY THURSDAY MONDAY

21st Oct, 11th Nov, 2nd Dec, 6th Jan, 27th Jan, 24th Feb, 16th Mar, 20th Apr, 11th May, 8th Jun, 29th Jun

Margherita Pizza Pasta Shapes Sweetcorn Creamy Coleslaw **Brunch Lunch:** Farm Assured Back Bacon Scrambled Egg Grilled Tomato Potato Rosti & Baked Beans

Roast Turkey with Sage & **Onion Stuffing & Roast** Gravy Creamy Mash Medley of Seasonal Vegetables

Organic Meatballs served with Homemade Tomato & Vegetable Sauce Multi Grain Savoury Rice Carrot Batons & Broccoli Florets

Battered Fish Fillet (sustainably caught MSC) served with Lemon Wedge Chips, Baked Beans Salad Bar Selection

OPTION THREE

Roasted Vegetable Pizza Half Jacket Sweetcorn Creamy

Mild Quorn Keema Curry Vegetable Rice

Salad Bar Selection

**Traditional Cheese Flan** Potatoes in their Skins Medley of Seasonal Vegetables

Jacket Potato served with Baked

Beans & Fruity Coleslaw

Salad Bar Selection

Carrot Batons Broccoli Florets

Jacket Potato served

with Chicken Curry

Salad Bar Selection

Pasta Shapes

**Courgette Sausages** 

Jacket Potato served with Tuna

Oven Baked Quorn Dippers

Half Jacket

Mushy Peas

Salad Bar Selection

Granola & Yoghurt Fruit Sundae or **Bramley Apple Puff** 

Jacket Potato served with

Vegetarian Mild Chilli

Salad Bar Selection

Forest Berry Sponge served with Custard Sauce

Creamy Mushroom Pasta Bake

**Cherry Scone** 

Strawberry Jelly & Cream or **Passion Cake** 

Vanilla & Lemon Yoghurt Cake or Rice Pudding served with Fruit Couli

**Chocolate Ice Cream with** Fruit Couli

& Sweetcorn Mayonnaise

Salad Bar Selection

Cheese & Biscuits

WEEK 2 28th Oct, 18th Nov, 9th Dec, 13th Jan, 3rd Feb, 2nd Mar, 23rd Mar, 27th Apr, 18th May, 15th Jun, 6th Jul

OPTION ONE

Roast Gammon Potatoes in the Skins

Cauliflower & Broccoli Florets

Chicken & Vegetable Pie Minted Potatoes Carrot & Swede Mash Garden Peas Gravy

Farm Assured Roast Loin of Pork with Apple Sauce & Roast

Roast Potatoes, Creamy Mash Seasonal Medley of Vegetables

Roasted Pepper & Sweetcorn Pizza

Tomato Pasta Vegetable Crudite Sweetcorn

Fish Burger in a Bun served with Crunchy Lettuce and Chips, Baked Beans

Salad Bar Selection

**Ouorn Sweet Chilli** Pasta Shapes Salad Bar Selection

Vegetable Pie Minted Potatoes Carrot & Swede Mash Garden Peas Gravy

Vegetarian Shepherds' Pie served with Roast Gravy Roast Potatoes Seasonal Medley of Vegetables

Bean & Lentil Loaf Vegetable Cous Cous Vegetable Crudite Sweetcorn

Vegetarian Bean Burger in a **Bun with Crunchy Lettuce & Tomato Sauce** Half Jacket, Peas Salad Bar Selection

Jacket Potato served with Cheese, Onion & Potato Cake **Baked Beans & Creamy** served with Fresh Tomato Sauce Coleslaw Salad Bar Selection Salad Bar Selection

Jacket Potato with Vegetarian **Bolognaise topping** Salad Bar Selection

BBQ Chicken Wrap served with Tomato Salsa Salad Bar Selection

Peas Salad Bar Selection

Orange & Cinnamon Roll

Lemon Drizzle Cake

**Cherry Shortcake** 

Strawberry Whip

Seasonal Fruit Crumble served with Custard Sauce or **Chocolate Devonshire Splits** 

**Cream Meringues** 

**Carrot Cake** 

Vanilla Ice cream & Fruit Couli or Fresh Fruit Platter

Macaroni Cheese

4th Nov, 25th Nov, 16th Dec, 20th Jan, 10th Feb, 9th Mar, 30th Mar, 4th May, 1st Jun, 22nd Jun, 13th Jul

Organic Pork & Vegetable Pastie Minted Potatoes

Broccoli & Cauliflower Florets

**Organic Beef Bolognaise** Spaghetti Peas Vegetable Crudite

Roasted Farm Assured Chicken Fillet served with gravy Parsley Potatoes, Carrot Batons

Savoy Cabbage

Farm Assured British Pork Sausages with Gravy Creamy Potato & Parsnip Mash Green Beans Sweetcorn

Cod or Salmon Fish Fingers (sustainably sourced) served with Tomato Sauce Chips, Peas Salad Bar Selection

Quorn Tikka Masala Pilau Rice Salad Bar Selection

Vegetarian Pinwheels Half Jacket Peas Vegetable Crudite

Margherita Pizza Herby Jacket Wedges Carrot Batons Salad Bar Selection

Vegetarian Bites served in Pitta with Crunchy Salad & Relish **Bombay Potatoes** Sweetcorn Salad Bar Selection

Vegetable Fingers served with **Tomato Sauce** Half Jacket Baked Beans Salad Bar Selection

**OPTION THREE** 

Roasted Vegetable Fajita Wrap Salad Bar Selection

Jacket Potato served with Chicken Mayonnaise Salad Bar Selection

Tuna Pasta Bake Salad Bar Selection

**Jacket Potato with Cheese** & Creamy Coleslaw Salad Bar Selection

Falafel served in Pitta with a **Crunchy Salad and Mint Raita** Salad Bar Selection

DESSERTS

Courgette & Lime Cake or **Butterscotch Whip**  Chocolate & Pear Sponge with Chocolate Sauce

Strawberry Jelly with Fresh Fruit

**Bramley Apple Oaty** Crumble served with Custard

Cheese & Biscuits Chocolate & Beetroot

**Date Slice** Banana Flapjack Vanilla Ice Cream with Fruit