

# VEGPOWER

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

**EAT THEM TO DEFEAT THEM**



Our dishes are **FRESHLY PREPARED** using seasonal and including local produce



**VARIETY OF BREADS**  
BAKED DAILY  
BY OUR EXPERIENCED  
SCHOOL CHEFS



Stay hydrated!

Fresh drinking water always available



**FRESH FRUIT & YOGURT**  
available daily!



OUR MENUS MEET ALL THE GOVERNMENT FOOD BASED STANDARDS.



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### WEEK 1 21st Oct, 11th Nov, 2nd Dec, 6th Jan, 27th Jan, 24th Feb, 16th Mar, 20th Apr, 11th May, 8th Jun, 29th Jun

<b>OPTION ONE</b>	<b>Margherita Pizza</b> Pasta Shapes Sweetcorn Creamy Coleslaw	<b>Brunch Lunch:</b> Farm Assured Back Bacon Scrambled Egg Grilled Tomato Potato Rosti & Baked Beans	<b>Roast Turkey with Sage &amp; Onion Stuffing &amp; Roast Gravy</b> Creamy Mash Medley of Seasonal Vegetables	<b>Organic Meatballs served with Homemade Tomato &amp; Vegetable Sauce</b> Multi Grain Savoury Rice Carrot Batons & Broccoli Florets	<b>Battered Fish Fillet</b> (sustainably caught MSC) served with Lemon Wedge Chips, Baked Beans Salad Bar Selection
<b>OPTION TWO</b>	<b>Roasted Vegetable Pizza Half Jacket</b> Sweetcorn Creamy Coleslaw	<b>Mild Quorn Keema Curry</b> Vegetable Rice Peas	<b>Traditional Cheese Flan</b> Potatoes in their Skins Medley of Seasonal Vegetables	<b>Courgette Sausages</b> Pasta Shapes Carrot Batons Broccoli Florets	<b>Oven Baked Quorn Dippers</b> Half Jacket Mushy Peas Salad Bar Selection
<b>OPTION THREE</b>	<b>Jacket Potato served with Vegetarian Mild Chilli</b> Salad Bar Selection	<b>Creamy Mushroom Pasta Bake</b> Salad Bar Selection	<b>Jacket Potato served with Baked Beans &amp; Fruity Coleslaw</b> Salad Bar Selection	<b>Jacket Potato served with Chicken Curry</b> Salad Bar Selection	<b>Jacket Potato served with Tuna &amp; Sweetcorn Mayonnaise</b> Salad Bar Selection
<b>DESSERTS</b>	<b>Granola &amp; Yoghurt Fruit Sundae or Bramley Apple Puff</b>	<b>Forest Berry Sponge served with Custard Sauce or Cherry Scone</b>	<b>Strawberry Jelly &amp; Cream or Passion Cake</b>	<b>Vanilla &amp; Lemon Yoghurt Cake or Rice Pudding served with Fruit Couli</b>	<b>Chocolate Ice Cream with Fruit Couli or Cheese &amp; Biscuits</b>

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

<b>OPTION ONE</b>	<b>Roast Gammon</b> Potatoes in the Skins Cauliflower & Broccoli Florets	<b>Chicken &amp; Vegetable Pie</b> Minted Potatoes Carrot & Swede Mash Garden Peas Gravy	<b>Farm Assured Roast Loin of Pork with Apple Sauce &amp; Roast Gravy</b> Roast Potatoes, Creamy Mash Seasonal Medley of Vegetables	<b>Roasted Pepper &amp; Sweetcorn Pizza</b> Tomato Pasta Vegetable Crudite Sweetcorn	<b>Fish Burger in a Bun served with Crunchy Lettuce and Tartare Sauce</b> Chips, Baked Beans Salad Bar Selection
<b>OPTION TWO</b>	<b>Quorn Sweet Chilli</b> Pasta Shapes Salad Bar Selection	<b>Vegetable Pie</b> Minted Potatoes Carrot & Swede Mash Garden Peas Gravy	<b>Vegetarian Shepherds' Pie served with Roast Gravy</b> Roast Potatoes Seasonal Medley of Vegetables	<b>Bean &amp; Lentil Loaf</b> Vegetable Cous Cous Vegetable Crudite Sweetcorn	<b>Vegetarian Bean Burger in a Bun with Crunchy Lettuce &amp; Tomato Sauce</b> Half Jacket, Peas Salad Bar Selection
<b>OPTION THREE</b>	<b>Jacket Potato served with Baked Beans &amp; Creamy Coleslaw</b> Salad Bar Selection	<b>Cheese, Onion &amp; Potato Cake served with Fresh Tomato Sauce</b> Salad Bar Selection	<b>Jacket Potato with Vegetarian Bolognese topping</b> Salad Bar Selection	<b>BBQ Chicken Wrap served with Tomato Salsa</b> Salad Bar Selection	<b>Macaroni Cheese</b> Peas Salad Bar Selection
<b>DESSERTS</b>	<b>Orange &amp; Cinnamon Roll or Lemon Drizzle Cake</b>	<b>Cherry Shortcake or Strawberry Whip</b>	<b>Seasonal Fruit Crumble served with Custard Sauce or Chocolate Devonshire Splits</b>	<b>Cream Meringues or Carrot Cake</b>	<b>Vanilla Ice cream &amp; Fruit Couli or Fresh Fruit Platter</b>

### WEEK 3 4th Nov, 25th Nov, 16th Dec, 20th Jan, 10th Feb, 9th Mar, 30th Mar, 4th May, 1st Jun, 22nd Jun, 13th Jul

<b>OPTION ONE</b>	<b>Organic Pork &amp; Vegetable Pastie</b> Minted Potatoes Broccoli & Cauliflower Florets	<b>Organic Beef Bolognese</b> Spaghetti Peas Vegetable Crudite	<b>Roasted Farm Assured Chicken Fillet served with gravy</b> Parsley Potatoes, Carrot Batons Savoy Cabbage	<b>Farm Assured British Pork Sausages with Gravy</b> Creamy Potato & Parsnip Mash Green Beans Sweetcorn	<b>Cod or Salmon Fish Fingers</b> (sustainably sourced) served with <b>Tomato Sauce</b> Chips, Peas Salad Bar Selection
<b>OPTION TWO</b>	<b>Quorn Tikka Masala</b> Pilau Rice Salad Bar Selection	<b>Vegetarian Pinwheels</b> Half Jacket Peas Vegetable Crudite	<b>Margherita Pizza</b> Herby Jacket Wedges Carrot Batons Salad Bar Selection	<b>Vegetarian Bites served in Pitta with Crunchy Salad &amp; Relish</b> Bombay Potatoes Sweetcorn Salad Bar Selection	<b>Vegetable Fingers served with Tomato Sauce</b> Half Jacket Baked Beans Salad Bar Selection
<b>OPTION THREE</b>	<b>Roasted Vegetable Fajita Wrap</b> Salad Bar Selection	<b>Jacket Potato served with Chicken Mayonnaise</b> Salad Bar Selection	<b>Tuna Pasta Bake</b> Salad Bar Selection	<b>Jacket Potato with Cheese &amp; Creamy Coleslaw</b> Salad Bar Selection	<b>Falafel served in Pitta with a Crunchy Salad and Mint Raita</b> Salad Bar Selection
<b>DESSERTS</b>	<b>Courgette &amp; Lime Cake or Butterscotch Whip</b>	<b>Chocolate &amp; Pear Sponge with Chocolate Sauce or Date Slice</b>	<b>Strawberry Jelly with Fresh Fruit or Banana Flapjack</b>	<b>Bramley Apple Oaty Crumble served with Custard Sauce or Vanilla Ice Cream with Fruit</b>	<b>Cheese &amp; Biscuits or Chocolate &amp; Beetroot Slice</b>