Menu: Stoke Gabriel

Child's name: _____ Class: _____ Allergies: _____

Week 1 W/C: 6 Sept / 27 Sept / 18 Oct / 8 Nov / 29 Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ham Macaroni Cheese & Homemade Garlic Bread	Chicken Korma & Wholegrain Rice	Roast Gammon & Roast Potatoes & Gravy	Meat Feast Pizza & Wedges	Breadcrumbed Fish Fillet & Chips
Veggie	Vegetarian Macaroni Cheese & Homemade Garlic Bread	Quorn Korma & Wholegrain Rice	Homemade Veggie Roast & Roast Potatoes & Gravy	Margherita Pizza & Wedges	Veggie Burger & Chips
Sides	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Jacket/ Roll	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham
Dessert	Chocolate & Courgette Brownie or Fruit or Yoghurt	Apple Flapjack or Fruit or Yoghurt	Rice Pudding with Peach & Apricot Compot or Fruit or Yoghurt	Strawberry Crispy Cake or Fruit or Yoghurt	Homemade Honey Cookie & Vanilla Ice Cream or Fruit or Yoghurt

Week 2 W/C: 13 Sept / 4 Oct / 25 Oct / Half Term / 15 Nov / 6 Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Meatballs in Tomato Sauce with Pasta & Homemade Garlic Bread	Chicken Chow Mein	Roast Turkey & Roast Potatoes with Gravy	BBQ Chicken Pizza & Wedges	Fish Cake & Chips
Veggie	Cheese & Tomato Topped Muffin & Pasta	Quorn Chow Mein	Quorn Sausage Toad in the Hole & Roast Potatoes with Veggie Gravy	Margherita Pizza & Wedges	Cheese Wheel & Chips
Sides	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Jacket	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham
Dessert	Pineapple Upside Down Cake & Custard or Fruit or Yoghurt	Strawberry Jelly & Fruit Cocktail or Fruit or Yoghurt	Chocolate & Vanilla Marble Sponge with Chocolate Custard or Fruit or Yoghurt	Butternut Muffin with Cream Cheese Frosting or Fruit or Yoghurt	Shortbread & Chocolate Ice Cream or Fruit or Yoghurt

Week 3 W/C: 20 Sept / 11 Oct / 1 Nov / 22 Nov / 13 Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Bolognaise & Pasta & Garlic Bread	Chicken & Sausage Jambalaya	Roast Chicken Breast & Roast Potatoes & Gravy	Tuna & Sweetcorn Pizza & Wedges	Fish Fingers & Chips
Veggie	Quorn Mince Bolognaise & Pasta & Garlic Bread	Quorn Sausage Jambalaya	Homemade Homity Pie & Roast Potatoes & Veggie Gravy	Margherita Pizza & Wedges	Quorn Sausage & Chips
Sides	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Jacket	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Beans or Tuna Mayo Roll with Cheese, Tuna or Ham
Dessert	Apple & Berry Crumble & Custard or Fruit or Yoghurt	Chocolate Dream Cookie or Fruit or Yoghurt	Jam Sponge & Vanilla Custard or Fruit or Yoghurt	Lemon Courgette Drizzle Cake or Fruit or Yoghurt	Strawberry Ice Cream & Berry Compot or Fruit or Yoghurt

The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit or hidden veg



The fish we serve is from well-managed and sustainable fisheries



Over 75% of our dishes are made fresh on site from fresh ingredients



All our pizza and pasta sauces are homemade and have hidden veg



Where possible we use ingredients sourced from local producers