All our fish is natural whole fillet and although great care

has been taken to remove all bones, some may remain



# Weekly Menu

## Week one

Warwickshire Coventry: 16/9 7/10 18/11 9/12 13/1/25 3/2 3/3 24/3 Oxfordshire: 16/9, 7/10, 18/11, 9/12, 13/1/25, 3/2, 3/3, 24/3

Choose a main meal Pork Meathalls in Tomato Sauce with Noodles (G.SB.SU.E)

(vg) Breaded Vegetable Fingers with Herby Diced Potatoes (G)

Jacket Potato - (v) Cheese (D) Tuna (F.E) or (v) Baked Beans

Choose a main meal

(h) Chicken and Country Vegetable Pie with Potato Wedges (G)

(v) Cheese and Tomato Pizza Wedge with Potato Wedges (G.D)

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (v) Baked Beans

Choose a main meal. WEDNESDAY ROAST British Roast Reef, with Traditional Yorkshire Pudding and Gravy (D.E.G)

(vg) Quorn Roast in Gravv with (v) Yorkshire Pudding (D.E.G) Crispy Roast Potatoes

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (v) Baked Beans

Choose a main meal... Chicken Fillet Wrap and Sweetcorn Salsa Dip with Diced Potatoes (G)

(v)(h) Mac 'n' cheese with Freshly Baked Crusty Bread (D.G)

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (v) Baked Beans

Choose a main meal... FISHY FRIDAY (msc) Battered Fish Fillet (G.F) with Chipped Potatoes

(vg) Vegetarian Hotdog with Chipped Potatoes (G)

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (v) Baked Beans

### MONDAY

On the side

Fresh Salad Bar Vegetables of the Day

(vg) (h) Lemon Shortbread (G) (v) Cheese Crackers and Apple Wedge (G.D) Fresh Fruit

### TUESDAY

On the side

Fresh Salad Bar Vegetables of the Day

For dessert...

(vg) (h) Chocolate Cracknel (G) (v) Yoghurt (D) or Fresh Fruit

### WEDNESDAY

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(v)(h) Syrup Sponge with Custard (D.G.E.SB) (v) Ice Cream (D) Fresh Fruit

### **THURSDAY**

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(vg)Toffee Apple Donut (G.D.E.SB) (v) Yoghurt (D) or Fresh Fruit

### FRIDAY

On the side...

Fresh Salad Bar Peas or Baked Beans For dessert...

(vg) Jelly with Fruit (vg) (h) Crunch Cookie (G) (v) Yoghurt (D) or Fresh Fruit

Warwickshire Coventry: 2/9 23/9 14/10 4/11 25/11 16/12 20/1/25 10/2 10/3 31/3 Oxfordshire: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 20/1/25, 10/2, 10/3, 31/3

Choose a main meal

British Pork Sausages with Gravy & Mashed Potatoes (G.SU)

(v)(h) Cheese and Potato Pie served with Vegetables of the day (D.E)

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (v) Baked Beans

Choose a main meal

### MONDAY

On the side

Fresh Salad Bar Vegetables of the Day

For dessert

(vg)(h) Flanjack

(v) Yoghurt (D) or Fresh Fruit

(h) British Beef Bolognaise with Garlic Bread (G/ cheese D)

(vg) Veggie Plant burger in a High Fibre Bun with Crispy Diced Potatoes (G)

Jacket Potato - (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

Choose a main meal. WEDNESDAY ROAS British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)

(vg) Quorn Roast in Gravy with Sage and Onion Stuffing (G) Crispy Roast Potatoes

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (v) Baked Beans

Choose a main meal

(h) Italian Chicken Pasta (chicken and pasta in a tomato sauce) with Freshly Baked Wholegrain Baguette (G)

(vg) Veggie Sausage with Herby Diced Potatoes

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (v) Baked Beans

Choose a main meal... FISHY FRIDAY (msc) Salmon Fish Cake with Chipped Potatoes (G.F)

(v)(h) Rustic Pizza Wedge with Chipped Potatoes (G.D)

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (v) Baked Beans

TUESDAY

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(v) Strawberry Whip with Fruit (D) (v) Cheese Crackers and Apple Wedge (G.D) Fresh Fruit

### WEDNESDAY

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(v)(h) Apple and Pear Crumble with Custard (G.D) (v) Ice Cream (D) Fresh Fruit

### **THURSDAY**

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(vg)(h) Up Beet Chocolate Cake (G.E.SB) (v) Yoghurt (D) or Fresh Fruit

### FRIDAY

On the side...

Fresh Salad Bar Peas or Baked Beans

For dessert...

(vg)(h) Ginger Cookie (G) (va) Jelly with Fruit (v) Yoghurt (D) or Fresh Fruit

# Week three

Warwickshire Coventry: 9/9 30/9 21/10 11/11 2/12 6/1/25 27/1 24/2 17/3 7/4 Oxfordshire: 9/9, 30/9, 21/10, 11/11, 2/12, 6/1/25, 27/1, 24/2, 17/3, 7/4

Choose a main meal

Southern Style Chicken Strips in a Wrap with Potato Wedges (G)

(v)(h) Cheese and Baked Bean Pasty with Potato Wedges (G.D)

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (v) Baked Beans

MONDAY

On the side

Fresh Salad Bar Vegetables of the Day

For dessert

(vg)(h) Chocolate Orange Cookie with Orange Wedges (G) (v) Yoghurt (D) or Fresh Fruit

Choose a main meal

Beef Burger in a High Fibre Bun with Crispy Diced Potatoes (G.SB.C)

(h)(v) Cheesy Tomato Pasta Bake with Freshly Baked Wholegrain Baquette (D.G)

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (v) Baked Beans

TUESDAY

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(vg) (h) Shortbread (G) (v) Cheese Crackers and Apple Wedge(G.D) Fresh Fruit

Choose a main meal WEDNESDAY ROAST British Roast Pork Loin, Apple Sauce and

(vg) Quorn Roast with Gravy (G) Crispy Roast Potatoes

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (v) Baked Beans

Choose a main meal...

(h) Mild and Creamy Chicken Korma with Wholegrain rice (D)

(vg) Veggie Nuggets with Seasoned Wedges (G)

Jacket Potato - (v) Cheese (D). Tuna (F:E) or (v) Baked Beans

Vegetables of the Day

On the side... Fresh Salad Bar

For dessert...

(v)(h) Apple and Cinnamon Charlotte with Custard (G.SU.D) (v) Strawberry Swirl Mousse (D) Fresh Fruit

**THURSDAY** 

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(v) Pancakes with Fruit (G D E) (v) Yoghurt (D) or Fresh Fruit

Choose a main meal... FISHY FRIDAY (msc) Fish Fillet Fingers (G.F) with **Chipped Potatoes** 

(v) Plantball Melt with Chipped Potatoes plantballs in a finger roll topped with rustic tomato sauce and grated cheese (G.D)

Jacket Potato - (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

FRIDAY

On the side...

Fresh Salad Bar Peas or Baked Beans

For dessert...

(v)(h) 'School Favourite' Sprinkles Sponge Cake (G.E.SB) (v) Yoghurt (D) Fresh Fruit

Fruity Water from the Hydration Station & Fresh Bread are offered daily

ALLERGEN KEY Vg = Vegan V = Vegetarian

G = Gluten / Wheat C = Celery S = Sesame

F = Fish





Please contact your school cook for information regarding the content of dishes and products on our menu.