

# 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>Stuffed Crust* Margherita Pizza</b> Sweetcorn Peas	<b>Brunch Lunch:</b> Farm Assured Back Bacon Scrambled Egg Grilled Tomato 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> Pasta Carrot Batons & Broccoli Florets	<b>Battered Fish Fillet</b> (sustainably caught MSC) Chips, Baked Beans Salad Bar Selection
<b>OPTION TWO</b>	<b>Vegetable Chili</b> Rice Salad Bar or Vegetable Selection	<b>Oven baked dippers</b> Half jacket potato Peas Salad bar selection	<b>Traditional Cheese Flan</b> Potatoes in their Skins Medley of Seasonal Vegetables	<b>Courgette Sausages</b> Pasta Shapes Carrot Batons Broccoli Florets	<b>Mild Quorn Keema Curry</b> Vegetable rice Vegetable Crudities
<b>OPTION THREE</b>	<b>Cheese Roll</b> Salad Bar Selection	<b>Egg Roll</b> Salad Bar or Vegetable selection	<b>Jacket Potato served with Baked Beans &amp; Fruity Coleslaw</b> Salad Bar Selection	<b>Chicken Mayo Wrap</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</b> or <b>Bramley Apple Muffin</b>	<b>Forest Berry Sponge served with Custard Sauce</b> or <b>Afghan Biscuit</b>	<b>Strawberry Jelly &amp; Cream</b> or <b>Cherry scone</b>	<b>Iced sponge</b> or <b>Rice Pudding served with Fruit Coulis</b>	<b>Chocolate Ice Cream with Raspberry Sauce</b> or <b>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>Roast Chicken and Gravy</b> Minted Potatoes Carrot & Swede Mash Garden Peas	<b>Farm Assured Roast Loin of Pork with Apple Sauce &amp; Roast Gravy</b> Roast Potatoes, Creamy Mash Seasonal Medley of Vegetables	<b>Creamy Chicken with pasta</b> Peas and sweetcorn	<b>Sausage</b> Chips, Baked Beans Salad Bar Selection
<b>OPTION TWO</b>	<b>Jacket Potato with beans And creamy coleslaw</b> Salad bar selection	<b>Cheese Pie</b> Salad bar or Vegetable selection	<b>Vegetarian Shepherds' Pie served with Roast Gravy</b> Roast Potatoes, Creamy Mash Seasonal Medley of Vegetables	<b>Margherita pizza,</b> Peas and Sweetcorn	<b>Macaroni Cheese</b> Peas Salad Bar Selection
<b>OPTION THREE</b>	<b>Gammon Roll</b> Salad Bar Selection	<b>Tuna Wrap</b> Salad Bar Selection	<b>Jacket Potato with Vegetarian Bolognese topping</b> Salad Bar Selection	<b>Chicken Mayo Sandwich</b> Salad Bar Selection	<b>Jacket Potato with Cheese and Beans</b>
<b>DESSERTS</b>	<b>Iced finger roll</b> or <b>Strawberry whip</b>	<b>Cherry Shortcake</b> or <b>Iced Cake</b>	<b>Seasonal Fruit Crumble served with Custard Sauce</b> or <b>Creamed Meringues</b>	<b>Iced Buns</b> or <b>Carrot Cake</b>	<b>Vanilla Ice cream &amp; Fruit Coulis</b> or <b>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>Margherita Pizza</b> Carrot Batons Salad Bar selection	<b>Organic Beef Bolognese</b> Pasta Peas Carrot Batons	<b>Roasted Farm Assured Chicken</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>Vegetable Pizza Roll</b> Peas Carrot Batons	<b>Tuna Pasta Bake</b> Salad Bar Selection	<b>Vegetarian Bites</b> Pasta 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 Wrap</b> Salad Bar Selection	<b>Cheese Roll</b> Salad Bar Selection	<b>Jacket Potato with Beans and Cheese</b> Salad Bar Selection
<b>DESSERTS</b>	<b>Cup Cake</b> or <b>Butterscotch Whip</b>	<b>Chocolate &amp; Pear Sponge with Chocolate Sauce</b> or <b>Oaty Biscuit</b>	<b>Strawberry Jelly with Fresh Fruit</b> or <b>Banana Flapjack</b>	<b>Bramley Apple Oaty Crumble served with Custard Sauce</b> or <b>Cheese and Biscuits</b>	<b>Ice cream with fruit Coulis</b> or <b>Chocolate &amp; Beetroot Slice</b>

\* 'stuffed crust' denotes that all pizza bases contain added grated vegetables