

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Curry & Poppadoms	Roast Pork & Apple Sauce	Spaghetti Bolognese	Roast Turkey & Stuffing Balls	(MSC) Fish Fingers & Lemon
Macaroni Cheese	Quorn Roast	Omelette	Lentil Cottage Pie	Tomato & Basil Pasta Bake
Whole Grain Rice	Parsley Potatoes	Jacket Wedges	Roast Potatoes	Chipped Potatoes
Peas & Sweetcorn	Green Beans & Carrots	Courgettes & Carrots	Cauliflower & Green Beans	Baked Beans
	Gravy		Gravy	Garden Peas
Salad	Salad	Salad	Salad	Salad
Winter Fruits Crumble & Custard	Cocoa Krispie Cake	Marmalade Sponge & Custard	Zesty Carrot Cake	Lemon Meringue Tart
Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt
Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup

Week Commencing: 02/11/15 | 23/11/15 | 14/12/15 | 18/01/16 | 15/02/16 | 07/03/16

FRESH FRUIT, JACKET POTATOES, SALAD SELECTION, BREAD, CHEESE & BISCUITS, YOGHURT AND CHILLED WATER AVAILABLE DAILY.

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Toad In The Hole	Roast Gammon	Pizza With Various Toppings	Roast Chicken	(MSC) Fish Fingers & Lemon
Quorn Toad in The Hole	Butternut Squash & Lentil Korma Whole Grain rice		Quorn Roast	Cheese Pinwheels
Herby Diced Potatoes	Roast Potatoes	Jacket Wedges	Creamed Potatoes	Salmon Pasta Salad
Peas & Carrots	Sweetcorn & Cauliflower	Peas	Carrots & Cabbage	Chipped Potatoes
		Coleslaw		Baked Beans
Gravy	Gravy		Gravy	Garden Peas
Salad	Salad	Salad	Salad	Salad
Arctic Roll	Chocolate Crunch & Custard	Caramelised Apple & Cinnamon Cake	Strawberry Whirl Cheesecake	Pear & Chocolate Sponge
Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt
Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup

Week Commencing: 09/11/15 | 30/11/15 | 04/01/16 | 25/01/16 | 22/02/16 | 14/03/16

FRESH FRUIT, JACKET POTATOES, SALAD SELECTION, BREAD, CHEESE & BISCUITS, YOGHURT AND CHILLED WATER AVAILABLE DAILY.

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger	Roast Pork & Apple Sauce	Sticky Chicken Fillets	Roast Turkey & Stuffing Balls	(MSC) Fish Fingers & Lemon
Vegetarian Burger	Quorn Roast	Cheese & Tomato Quiche	Enchiladas	Frittata
				Tomato & Bean Pasta Bake
Garlic Bread Jacket Wedges	Roast Potatoes	Herby Diced Potatoes	Parsley Potatoes	Chipped Potatoes
Sweetcorn & Green Beans	Broccoli & Cauliflower	Carrots & Peas	Roast Parsnips & Red Cabbage	Baked Beans
Gravy	Gravy		Gravy	Garden Peas
Salad	Salad	Salad	Salad	Salad
Fruity Flapjack & Custard	Chocolate Rice Pudding	Traditional Syrup Sponge & Custard	Cherry Shortbread	Fruit Filled Pancakes
Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt	Low Fat Yoghurt
Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup

Week Commencing: 16/11/15 | 07/12/15 | 11/01/16 | 01/02/16 | 29/02/16 | 21/03/16

FRESH FRUIT, JACKET POTATOES, SALAD SELECTION, BREAD, CHEESE & BISCUITS, YOGHURT AND CHILLED WATER AVAILABLE DAILY.

From South Gloucestershire Council's own School Meals Service

Good Food

Eat better, start better

Our menus have been developed in partnership with the Public Health and Wellbeing Division.

Where possible, we endeavour to incorporate local products such as **cheese, eggs, vegetables** and Fair Trade fruits, to help secure a sustainable local environment.

Our Fish Fingers are Marine Stewardship Council Certified, sourced from sustainable waters. We work both with National and Local suppliers to secure Best Value.

Good wholesome foods are nutritionally balanced to support the health and wellbeing of young people, helping them to enjoy and achieve throughout the school day.

If you would like to discuss your child's dietary requirements, please contact the Catering Manager at your school.

Allergy Information – information regarding allergenic ingredients in our food is available on our website www.sgsts.org.uk/catering/sitepages/allergens.aspx from the Kitchen Unit Manager, or by telephoning the catering service on 01454 865155.

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