All our fish is natural whole fillet and although great care

has been taken to remove all bones, some may remain

## Week one

Warwickshire Coventry: 8/4 29/4 20/5 10/06 1/7 16/9 7/10 Oxfordshire 29/4, 20/5, 10/6, 1/7, 22/7, 16/9, 7/10

Choose a main meal

Gluten Free Pork Meathalls in Tomato Sauce with Pasta (SB SU G)

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

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

(v) Cheddar Cheese Bap (G.D)

Choose a main meal (h) Chicken Taco with Potato

Wedges (D)

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

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

Tuna Mayonnaise Bap (F.E.G)

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

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

Jacket Potato - (v) Cheese (D). Tuna (F.E) or (v) Baked Beans British Roast Chicken Ban (G)

Choose a main meal...

(h) Chicken Chow Mein (chicken with noodles) (G)

(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

British Ham Bap (G)

Choose a main meal... FISHY FRIDAY msc) Gluten Free Breaded Fish Fillet (F) with Chipped Potatoes (vg) Vegetable Hotdog with Chipped Potatoes (G)

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

(v) Egg Mayonnaise Bap (G.E)

#### MONDAY

On the side

Fresh Salad Bar Vegetables of the Day

(vg) (h) Lemon Shortbread (G) (v) Chocolate Whip with Orange Wedge(D)

(v) Yoghurt (D) or Fresh Fruit

TUESDAY

On the side Fresh Salad Bar Vegetables of the Day

For dessert...

(v) Pancakes with Fruit (G D E) (vg) (h) Ginger Cookie (G) (v) Yoghurt (D) or Fresh Fruit

#### WEDNESDAY

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(v) (h) Jam Sponge (G E) (v) Ice Cream (D) Fresh Fruit

#### THURSDAY

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

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

FRIDAY

On the side... Fresh Salad Bar Peas or Baked Beans

For dessert... (v) Jelly with Fruit (v) Ice Cream (D) Fresh Fruit

Warwickshire Coventry: 15/4 6/5 17/6 8/7 2/9 23/9 14/10 Oxfordshire: 15/4, 6/5, 17/6, 8/7, 2/9, 23/9, 14/10

Choose a main meal British Pork Sausages with Potato Wedges (G.SU)

(h)(v) Vegetable Burrito with Potato Wedges (G.D)

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

(v) Cheddar Cheese Bap (G.D)

Choose a main meal...

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

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

Jacket Potato - (v) Cheese (D), Tuna (F.E) or (v) Baked Beans British Roast Chicken Bap (G)

Choose a main meal... WEDNESDAY ROAST 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

Tuna Mayonnaise Bap (F.E.G)

Choose a main meal... (h) British Beef Bolognaise with Garlic Bread (G/ cheese D)

(vg) Veggie Sausage with Diced Potatoes

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

British Ham Bap (G)

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

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

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

(v) Cheddar Cheese Bap (G.D)

MONDAY

On the side

Fresh Salad Bar Vegetables of the Day

For dessert

(vg) (h) Flapiack with Fresh Fruit Wedges (G) (v) Strawberry Whip (D) Fresh Fruit

### TUESDAY

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(v) (h) Chocolate Frosted Sponge (G.D.E) (v) Yoghurt (D) or Fresh Fruit

WEDNESDAY

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

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

THURSDAY

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

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

FRIDAY

On the side...

Fresh Salad Bar Peas or Baked Beans

For dessert...

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

Oxfordshire: 22/4, 13/5, 3/6, 24/6, 15/7, 9/9, 30/9, 21/10

Choose a main meal

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

(h)(v) Mac 'n' cheese with Freshly Baked Wholegrain Baguette (D.G)

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

(v) Cheddar Cheese Bap (G.D)

Choose a main meal (h) Minced Beef Pie with Crispy Diced

Potatoes (G)

(vg)Quorn Dippers with Rainbow Rice and Dipping Sauce (G)

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

Tuna Mayonnaise Bap (F.E.G)

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

British Roast Chicken Bap (G)

Choose a main meal...

Beef Burger in a High Fibre Bun with Potato Wedges (G.SB.C)

(h)(vg) Beany Pasty (kidney & baked beans with vegetables in pastry) with Potato Wedges (G)

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

British Ham Bap (G)

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

(v) Plantball Pitta Pocket - (plantballs in a pitta with salad, mint & mayonnaise dressing) served with Chipped Potatoes.(G.E)

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

# Week three

Warwickshire Coventry: 22/4 13/5 3/6 24/6 15/7 9/9 30/9 21/10

MONDAY

On the side

Fresh Salad Bar Vegetables of the Day

For dessert

(vg)(h) Vanilla Cookie (G)

(v) Ice Cream (D) or Fresh Fruit

THESDAY

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

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(v) (h) Toffee Apple Sponge (G.D.E)

(v) Yoghurt (D) or Fresh Fruit

THURSDAY

On the side...

Fresh Salad Bar Vegetables of the Day

For dessert...

(vg)(h) Honey and Raisin Bar (G) (v) Chocolate Swirl Mousse (D)

(v) Yoghurt (D) or Fresh Fruit

FRIDAY

On the side...

Fresh Salad Bar Peas or Baked Beans

For dessert...

(v)(h)Lemon/ Orange Drizzle Cake (G.E) (v) Yoghurt (D) Fresh Fruit

(v) Cheddar Cheese Bap (G.D)

Fruit Cordial or Fruity Water from the Hydration Station, Semi Skimmed Milk & Fresh Bread are also offered daily Vegetable accompaniments change to reflect seasonal availability.

ALLERGEN KEY Vg = Vegan V = Vegetarian

G = Gluten / Wheat C = Celery S = Sesame

F = Fish D = Dairy



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