

Week one

W/C 30/10, 20/11, 11/12, 08/01, 29/01, 26/02, 19/03

Monday

Veggie Hot Dog with Jacket Wedges (v)
A Quorn vegetarian hot dog served in a bun
On the Side...
Fresh Carrots
Garden Peas
Neapolitan Pasta (v)
Wholegrain pasta served with a tomato
Neapolitan sauce
For Dessert...
Raspberry Sponge Cake

Tuesday

Organic Beef & Vegetable Pie
Organic minced beef & vegetable pie,
served with new potatoes
On the Side...
Sweetcorn
Fresh Broccoli
Mozzarella & Tomato Pizza (v)
Freshly made pizza served with
1/2 jacket potato
For Dessert...
Pineapple & Peach
Crumble & Custard

Wednesday

Roast Turkey
Farm Assured roasted sliced turkey breast
served with crispy roast potatoes & gravy
On the Side...
Fresh Carrots
Seasonal Cabbage
Cheese & Potato Bake (v)
A layered cheese, vegetable & potato bake
For Dessert...
Fruity Pricie Bar

Thursday

Chinese Chicken with Noodles
Farm Assured fresh chicken served on a bed
of noodles
On the Side...
Fresh Cauliflower
Fresh Broccoli
Shepherdess Pie (v)
Linda McCartney vegetarian mince &
vegetables topped with fluffy mash potato
For Dessert...
Fruit in Jelly

Friday

Battered Fish with Chips
Crispy battered fish
On the Side...
Baked Beans
Garden Peas
Italian Bean Bake with Chips (v)
Mixed bean bake with a crunchy breadcrumb
& oat topping
For Dessert...
Chocolate &
Banana Muffin

Week two

W/C 06/11, 27/11, 18/12, 15/01, 05/02, 05/03, 26/03

Macaroni Cheese (v)
Classic short cut macaroni served in a
creamy cheese sauce
On the Side...
Sweetcorn
Fresh Broccoli
Boston Bean Casserole (v)
A warming mixed bean casserole in BBQ
sauce served with wholegrain rice
For Dessert...
Date Biscuit with
Fruit Slices

Bangers & Mash
Farm Assured pork sausages served with
creamy mash potato & gravy
On the Side...
Fresh Carrots
Seasonal Cabbage
Quorn Roast (v)
Served with creamy mash potato & gravy
For Dessert...
Chocolate & Mandarin
Sponge with
Chocolate Sauce

Organic Roast Beef
Traditionally roasted sliced organic beef
served with crispy roast potatoes & gravy
On the Side...
Garden Peas
Fresh Cauliflower
Vegetarian Sausage (v)
Linda McCartney sausages served with crispy
roast potatoes & gravy
For Dessert...
Apple Flapjack &
Organic Yogurt

Organic Beef Pasta Bolognese
Traditional organic beef bolognese served on
a bed of wholegrain pasta
On the Side...
Sweetcorn
Fresh Broccoli
Vegetable Biryani (v)
A mild vegetable biryani served with rice
For Dessert...
Carrot & Pineapple
Cake Slice

Fish Fingers with Chips
Whole fillet white fish fingers in
golden bread crumbs
On the Side...
Baked Beans
Garden Peas
Bean & Potato Burrito with Chips (v)
A loaded vegetarian burrito
For Dessert...
Soft Cheese & Biscuits
with Fruit or Veggie Sticks

Week three

W/C 13/11, 04/12, 01/01,
22/01, 19/02, 12/03

Mexican Vegetable Chili with Rice (v)
A mild chili with mixed vegetables served on
a bed of rice
On the Side...
Garden Peas
Fresh Cauliflower
Quorn Sausage & Tomato Pasta Bake (v)
Bite-size sausage pieces in a tomato and
vegetable-based sauce with wholegrain pasta
For Dessert...
Apple Crisp
with Custard

Organic Beef Lasagne
Traditional organic beef lasagne served with
a garlic & herb bread wedge
On the Side...
Fresh Broccoli
Fresh Carrots
Vegetable Curry (v)
A mild mixed vegetable curry served with rice
For Dessert...
Mango Frozen Yogurt

Roast Pork
Free range roasted sliced pork served with
crispy roast potatoes & gravy
On the Side...
Sweetcorn
Seasonal Cabbage
Lentil Roast (v)
Tasty lentil roast served with crispy roast
potatoes & gravy
For Dessert...
Mini Gingerbread Cake
with Fresh Fruit

Organic Cottage Pie
Classic organic beef with fluffy
potato topping
On the Side...
Fresh Carrots
Fresh Broccoli
Creamy Tomato & Basil Pasta (v)
Rich tomato & basil sauce with
wholegrain pasta
For Dessert...
Chocolate
Saltana Crispie

Crispy Salmon Fillet with Chips
Baked breaded salmon fillet
On the Side...
Garden Peas
Baked Beans
Veggie Burger with Chips (v)
Quorn burger served in a seedless bun with
tomato relish
For Dessert...
Strawberry Cheesecake

KS1 Meals are **Free**
KS2 Meals are **£2.10**

Our chicken
and milk
are Red
Tractor
approved

WE
BUY
95%
of our seasonal
vegetables
direct from
British growers

ALL OUR BEEF
is from
THE UK OR
IRELAND

FRESH SALAD

IS AVAILABLE ON
A DAILY BASIS

REDUCING OUR
CARBON
FOOTPRINT
OVER
30%
of our products are
transported by vehicles
that run on biodiesel

We only use
Lion Quality
British Eggs

FARM TO FORK
We can trace every
cut of meat back to
the farms of origin

ALL OUR
BREAD IS
FRESHLY BAKED
EVERY DAY

ALL our
bananas are
FAIRTRADE

East Sussex
County Council

eat
eat
out
well

FOOD
FOR
LIFE
GOLD
STAR
AWARD
SOIL
Association

WE SUPPORT
BRITISH
DAIRY
FARMS

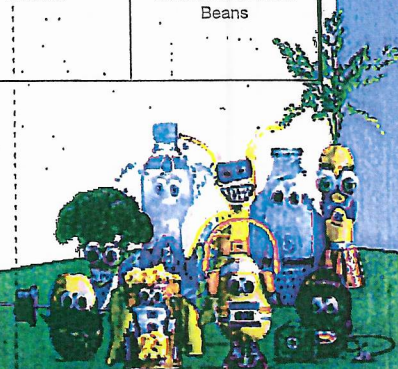
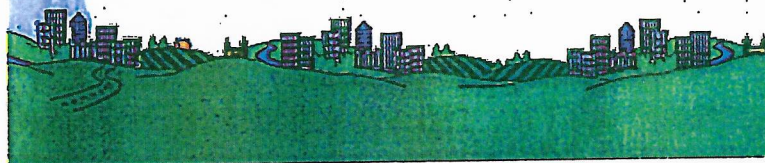


Jacket Potato Bar – Week 1

Autumn/Winter 2017



	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tuna & Sweetcorn Mayo	Chopped Ham	Turkey Mayo	Chinese Chicken	Italian Bean Bake
Option 2	Baked Beans	BBQ Baked Beans	Celery Apple & Sultana	Tuna Mayo	Coleslaw
Option 3	Cheese	Cheese	Cheese	Cheese	Cheese &/or Baked Beans

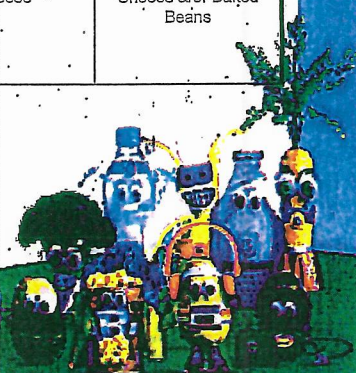
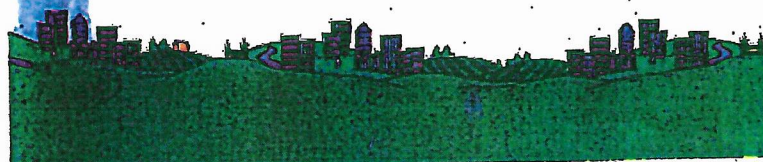


Jacket Potato Bar – Week 2

Autumn/Winter 2017



	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Boston Bean Casserole	Sausage & Baked Beans	Beef Mayo	Beef Bolognese	Tuna & Sweetcorn
Option 2	Baked Beans	Coleslaw	Vege Sausage & Baked Beans	Vegetable Biryani	Coleslaw
Option 3	Cheese	Cheese	Cheese	Cheese	Cheese &/or Baked Beans



Jacket Potato Bar – Week 3

Autumn/Winter 2017



	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetable Chilli	Chopped Ham	Pork Mayo	Egg Mayo	Tuna & Sweetcorn (Mayo)
Option 2	Quorn Sausage & Tomato	Vegetable Curry	Coleslaw	Baked Beans	Cheesy Coleslaw
Option 3	Cheese	Cheese	Cheese	Cheese	Cheese &/or Baked Beans

