

Week one

W/C 04/11, 25/11, 16/12, 20/01, 10/02, 09/03, 30/03

Monday

Mac 'N' Cheese (v)
Pasta spirals in a tasty cheesy sauce

on the side...
Garden Peas

Fresh Carrots

for dessert...
Chocolate Slice

Mild Sweet Potato Curry with a Rice Side (v)
A mild Indian sweet potato and chickpea Tikka Masala

Tuesday

Chinese Chicken Noodles
A classic Chinese chicken noodle dish packed with flavour

on the side...
Sweetcorn

Mediterranean Vegetables

for dessert...
Orange Drizzle Cake

Cheese & Tomato Pizza with Potato Wedges (v)
Simple but classic!

Wednesday

Roast Turkey
Traditional roast turkey served with crispy roast potatoes & gravy

on the side...
Fresh Carrots

Seasonal Cabbage

for dessert...
Fruit & Yoghurt Pot

Quorn Roast (v)
Traditional vegetarian roast served with crispy roast potatoes & gravy

Thursday

Beef Tortilla Pie with a Rice Side
Beef mince layered onto tortilla wraps, baked & topped with gooey cheese

on the side...
Fresh Carrots

Fresh Broccoli & Cauliflower Medley

for dessert...
Apple & Pear Strudel with Custard

Veggie Pizza-Style Hot Dog with Potato Wedges (v)
A veggie hot dog covered in a pizza sauce & melted cheese

Friday

Salmon Fish Fingers with Chips
A classic fish finger lunch

on the side...
Baked Beans

Garden Peas

for dessert...
Peach & Chocolate Sponge

Quorn Dippers with Chips (v)
A tasty vegetarian alternative

Week two

W/C 11/11, 02/12, 06/01, 27/01, 24/02, 16/03

Spaghetti Bake (v)

A twist on the classic, Quorn Bolognese-baked & topped with melted cheese

on the side...
Fresh Carrots

Garden Peas

for dessert...
Apple & Berry Crumble with Custard

Vegetarian Supreme Pizza with Potato Wedges (v)
Simple but classic!

Chicken Pie with Mashed Potato

Chicken & sweetcorn in a creamy sauce topped with shortcrust pastry

on the side...
Roasted Peppers & Sweetcorn

Fresh Broccoli

for dessert...
Fruit & Yoghurt Pot

Chinese Veggie Noodles (v)
Mixed vegetables & noodles coated in a Chinese 5 spice seasoning

Honey Roast Gammon

Traditional roast dinner served with crispy roast potatoes & gravy

on the side...
Garden Peas

Fresh Carrots

for dessert...
Mango Frozen Yoghurt

Sweet Potato & Chickpea Roast (v)
A sweet potato and chickpea roast slice served with crispy roast potatoes & gravy

BBQ Beef Meatballs

Delicious Texan inspired BBQ beef meatballs in a tomato sauce with pasta spirals

on the side...
Fresh Broccoli

Cauliflower

for dessert...
Chocolate Cake with Chocolate Sauce

Butternut Squash & Tomato Bake with a Rice side (v)
Veggie, tomato bake topped off with golden breadcrumbs

Fish Fingers and Chips
A classic fish finger lunch

Caramelised Red Onion & Mozzarella Tart with Chips (v)
Delicious light vegetarian tart

Week three

W/C 18/11, 09/12, 13/01, 03/02, 02/03, 23/03

BBQ Quorn Burger (v)

Quorn burger served in a bun with lettuce, tomato slice and BBQ sauce

on the side...
Garden Peas

Fresh Carrots

for dessert...
Fruit & Yoghurt Pot

Vegetarian Lasagne with Garlic & Herb Bread Wedge (v)
A classic Italian layered pasta dish made with mixed vegetables

Pork Sausages with Mashed Potato & Gravy

Simple but classic...sausage and mash

on the side...
Cauliflower

Roasted Peppers & Sweetcorn

for dessert...
Oatle Biscuit with Fruit Slices

Vegetable Korma with Rice side (v)
A mild vegetable curry with rice

Roast Chicken

Traditional roast chicken served with crispy roast potatoes & gravy

on the side...
Fresh Carrots

Seasonal Cabbage

for dessert...
Strawberry Frozen Yoghurt

Vegetable Pastry Slice (v)
A tasty mix of vegetables wrapped in puff pastry served with crispy roast potatoes & gravy

Beef Burger in a Bun with Potato Wedges

A juicy beef burger in a soft bun

on the side...
Fresh Broccoli

Mediterranean Vegetables

for dessert...
Chocolate & Raspberry Swirl Cake with Custard

Quorn Spanish Rice (v)
Spanish flavoured rice dish with Quorn mince, beans, peppers & tomato

Crispy Fish and Chips
Traditional fish & chips dinner

Sweet Potato & Chickpea Burger with Chips (v)
Sweet potato & chickpea burger served in a soft bun

KS1 Meals are FREE
KS2 Meals are £2.05

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

Special dietary requirements can be catered for, please contact:
Email: Specialdiet@compass-group.co.uk
TEL: 01435 865310

FAIRTRADE All our bananas are FAIRTRADE

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY

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

Jacket Potatoes with various fillings available daily.

WE SUPPORT 82 BRITISH DAIRY FARMS

East Sussex County Council eat out well