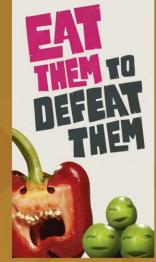
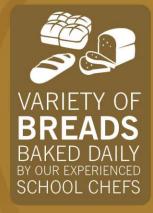


Don't forget copies of the vegpower reward chart are available from your school cooks or visit vegpower.org.uk for great tips from the experts and simple recipes from top















# **MONDAY**

# TUESDAY

# WEDNESDAY

# THURSDAY

### 24th August, 14th September

Margherita Pizza Pasta Shapes Sweetcorn Creamy Coleslaw

**Brunch Lunch:** Farm Assured Back Bacon Scrambled Egg Grilled Tomato Potato Rosti & Baked Beans

Roast Turkey with Sage & **Onion Stuffing & Roast** Gravy Creamy Mash Medley of Seasonal Vegetables

Organic Meatballs served with Homemade Tomato & Vegetable Sauce Multi Grain Savoury Rice

Carrot Batons & Broccoli Florets

Battered Fish Fillet (sustainably caught MSC) served with Lemon Wedge Chips, Baked Beans Salad Bar Selection

Roasted Vegetable Pizza Half Jacket Sweetcorn Creamy Coleslaw

Mild Quorn Keema Curry Vegetable Rice Peas

**Traditional Cheese Flan** Potatoes in their Skins Medley of Seasonal Vegetables

**Courgette Sausages** Pasta Shapes Carrot Batons Broccoli Florets

Oven Baked Quorn Dippers Half Jacket Mushy Peas Salad Bar Selection

**Granola & Yoghurt Fruit** Sundae or **Bramley Apple Puff** 

Forest Berry Sponge served with Custard Sauce **Cherry Scone** 

Strawberry Jelly & Cream or **Passion Cake** 

Vanilla & Lemon Yoghurt Cake or Rice Pudding served with Fruit Couli

Chocolate Ice Cream with Fruit Couli or Cheese & Biscuits

## WEEK 2 31st August, 21st September

# MEAT OPTION

Roast Gammon Potatoes in the Skins

Cauliflower & Broccoli Florets

Chicken & Vegetable Pie Minted Potatoes Carrot & Swede Mash Garden Peas

Farm Assured Roast Loin of Pork with Apple Sauce & Roast Roast Potatoes, Creamy Mash

Seasonal Medley of Vegetables

Roasted Pepper & Sweetcorn

Tomato Pasta Vegetable Crudite Sweetcorn

Fish Burger in a Bun served with Crunchy Lettuce and **Tartare Sauce** Chips, Baked Beans Salad Bar Selection

Quorn Sweet Chilli Pasta Shapes Salad Bar Selection

Vegetable Pie Minted Potatoes Carrot & Swede Mash Garden Peas

Vegetarian Shepherds' Pie served with Roast Gravy Roast Potatoes Seasonal Medley of Vegetables

Bean & Lentil Loaf Vegetable Cous Cous Vegetable Crudite Sweetcorn

Vegetarian Bean Burger in a **Bun with Crunchy Lettuce & Tomato Sauce** Half Jacket, Peas Salad Bar Selection

Orange & Cinnamon Roll

Lemon Drizzle Cake

**Cherry Shortcake** Strawberry Whip

served with Custard Sauce **Chocolate Devonshire Splits** 

**Seasonal Fruit Crumble** 

Carrot Cake

**Cream Meringues** 

Vanilla Ice cream & Fruit Couli or Fresh Fruit Platter

## WEEK 3 7th September



Organic Pork & Vegetable Pastie

Minted Potatoes Broccoli & Cauliflower Florets **Organic Beef Bolognaise** 

Spaghetti Peas Vegetable Crudite

Roasted Farm Assured Chicken Fillet 1

Parsley Potatoes ,Carrot Batons Savoy Cabbage

Farm Assured British Pork Sausages with Gravy Creamy Potato & Parsnip Mash Green Beans

Cod or Salmon Fish Fingers (sustainably sourced) served with Tomato Sauce Chips, Peas

VEGE OPTION

Quorn Tikka Masala Pilau Rice Salad Bar Selection

Vegetarian Pinwheels Half Jacket Peas

Vegetable Crudite

Margherita Pizza Herby Jacket Wedges Carrot Batons Salad Bar Selection

Vegetarian Bites served in Pitta with Crunchy Salad & Relish

**Bombay Potatoes** Sweetcorn Salad Bar Selection

Sweetcorn

Vegetable Fingers served with **Tomato Sauce** Half Jacket Baked Beans

DESSERTS

Courgette & Lime Cake or **Butterscotch Whip** 

Chocolate & Pear Sponge with **Chocolate Sauce** 

**Date Slice** 

Strawberry Jelly with Fresh Fruit

Banana Flapjack

**Bramley Apple Oaty** Crumble served with Custard

Vanilla Ice Cream with Fruit

Cheese & Biscuits Chocolate & Beetroot Slice