



For Allergen information
please ask a member
of the catering team.



Glapton

Salad, Fresh Fruit, Bread and Water are available to pupils every day in all schools. ✓ = Vegetarian

Monday

Sweet Potato Curry
with Rice, Flatbread &
Yoghurt dip

Italian Veggie Meatballs
with Tagliatelle
Green Beans

Jacket Potato & Beans
& Cheese

Chocolate Muffin
Milk

Fresh Fruit Salad

Tuesday

Salmon fish cakes
Mashed Potatoes
peas

Fishless Finger
Mashed Potatoes
Peas

Jacket Potato with
Cheese & Coleslaw

Oaty Lemon Slice
Custard

Fresh Fruit Salad

Wednesday

Roast Chicken &
Stuffing with gravy
Roast Potatoes
Vegetable Medley

Quorn Roast
Stuffing & Gravy
Roast Potatoes
Vegetable Medley

Tuna Pasta Bake
Carrots

Fruit Muffin
Milk

Fresh Fruit Salad

Friday

Mince Beef Pie
Mashed Potato &
gravy. Carrots

Cheese & Tomato
Pizza
Chips
Sweetcorn

Veggie Sausage
Mashed potato &
gravy. Carrots

Shortbread Cookie

Fresh Fruit Salad

Main



Dessert





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Monday

Jacket Potato & Veggie Chilli
Served with salad

Jacket Potato
Baked Beans
Cheese

Cheese Snack
Baked Beans
Boiled Potatoes
Salad

Flapjack
Raisins

Fresh Fruit Salad

Fish portion
Mashed Potatoes
Peas

Roast Beef & Yorkshire Pudding
Gravy
Mashed Potatoes

Vegetable Medley
Quorn Roast & Yorkshire Pudding
Gravy
Mashed Potatoes

Macaroni cheese
Baquette Slice
Peas

Vegetable Medley

Chocolate Brownie
Milk

Fresh Fruit Salad

Tuesday

Fish portion
Mashed Potatoes
Peas

Macaroni cheese
Baquette Slice
Peas

Vegetable Medley

Banana Muffin

Fresh Fruit Salad

Wednesday

Roast Beef & Yorkshire Pudding
Potato Wedges
Sweetcorn

Pasta with Tomato & Basil sauce topped with grated Cheese
Baquette Slice
Carrots

Jacket Potato with Tuna Mayo
Salad

Shortbread Biscuit
Milk

Fresh Fruit Salad

Friday

Cheese & Tomato Pizza
Chips
Sweetcorn Cob

Pasta with Tomato & Basil sauce topped with grated Cheese
Baquette Slice
Carrots

Oaty Apricot cookie

Fresh Fruit Salad



Dessert

Fresh Fruit Salad

Fresh Fruit Salad



Week: 3
Date: Sept 18th, October 9th, Nov 13th, Dec 4th,
Jan 8th & 29th



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Monday

Veggie Enchiladas
Jacket Potato Hedgehog
Carrots

Main

Smokey BBQ Quorn
Jacket Potato Hedgehog
Carrots

Pasta with Tomato &
Mascarpone Sauce,
Baguette Slice
Carrot Sticks and salad

Apple Muffin

Fresh Fruit Salad

Dessert

Cornflake Tart
Custard

Fruit Yoghurt

Jammy Date Slice
with Custard

Fresh Fruit Salad

Fresh Fruit Salad

Chocolate Crunchies

Fresh Fruit Salad

Wednesday

Fish Fingers
Mashed Potatoes
Baked Beans

Veggie Sausage
Mashed Potatoes
Baked Beans

Sausage
Mashed Potatoes
Baked Beans

Veggie Lasagne
Baguette Slice
Carrots & Peas

Cheese & Tomato
Panini
Vegetables

Quorn Roast
Stuffing & Gravy
Roast Potatoes
Vegetable Medley

Beef Chilli with Rice
Yoghurt
Carrot Sticks and
salad

Cheese & Tomato
Pizza
Chips
Carrot Sticks and
salad

Thursday

Chicken Fried Rice
Carrots & Peas

Veggie Lasagne
Baguette Slice
Carrots & Peas

Beef Chilli with Rice
Yoghurt
Carrot Sticks and
salad

Friday

Roast Pork
Stuffing & gravy
Roast Potatoes
Vegetable Medley

Roast Pork
Stuffing & gravy
Roast Potatoes
Vegetable Medley

Beef Chilli with Rice
Yoghurt
Carrot Sticks and
salad

