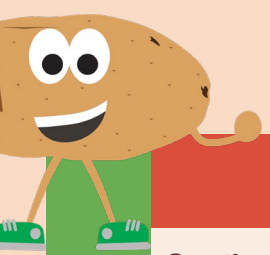


Homemade bread,
selection of seasonal
vegetables / fresh salad
and fresh fruits served
daily

Worth Valley Primary School

Wk 1 - 3rd Nov, 24th Nov,
15th Dec, 5th Jan, 26th Jan,
16th Feb, 9th Mar, 30th Mar
Wk 2 - 10th Nov, 1st Dec,
22nd Dec, 12th Jan, 2nd Feb,
23rd Feb, 16th Mar, 6th Apr
Wk 3 - 17th Nov, 8th Dec,
29th Dec, 19th Jan, 9th Feb,
2nd Mar, 23rd Mar, 13th Apr



WEEK 1

WEEK 2

WEEK 3



MON	TUES	WED	THUR	FRI
Southern Fried Chicken Goujons & Garlic Mayo (Red Tractor Accredited pre fried Breaded Chicken, served with Garlic Mayonnaise & baked Jacket Wedges) Crispy Dippers (A blend of Vegetables and Potato coated in Breadcrumbs served with Ketchup and baked Jacket Wedges) Spaghetti Marinara (A Tomato and mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese) Selection of Sandwiches Peaches & Ice Cream with Syrup (Vanilla Ice Cream with Tinned Peaches Slices with a Chocolate flavoured Syrup)	Rich & Creamy Meat Lasagne (Red Tractor Accredited Beef Mince in a rich Tomato Sauce with Herbs & Garlic layered with Pasta Sheets and a Creamy Cheese Sauce, served with Garlic Bread) Creamy Mac & Cheese (A Macaroni Pasta dish, coated in a Creamy Mature Cheddar Sauce, served with Crusty Bread) Pasta Bolognaise (A rich Tomato sauce with Soya Mince, Peppers and Herbs) Assorted Jacket Potatoes / Selection of Sandwiches Strawberry Sponge & Custard (Homemade, light Vanilla Sponge with a Strawberry Jam swirl, served with Custard)	Roast Meat Dinner (Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties & Gravy) Toad in the Hole (Quorn Sausage Baked in a light Batter, served with Roast Potatoes) Garden Harvest Tikka & Rainbow Rice (Indian inspired aromatic Vegetable Curry served with Rainbow Rice) Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll Fruity Flapjack (A sweet Bar made with Oats, Golden Syrup & Butter with Fruit)	Cottage Pie (Red Tractor Accredited Beef Mince & Vegetables in Gravy, topped with Creamed Potatoes) Golden Cheese Roll (Cheese mix wrapped in Puff Pastry, served with Creamed Potatoes & Seasonal Vegetables) Pomodoro Pasta (A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread) Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll Chocolate Sponge & Chocolate Sauce (Homemade, light Chocolate Sponge, served with Chocolate Sauce)	Classic Cheese & Tomato Pizza with Coleslaw & Salad (Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese) Mini Power Ball Pizza (Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese & Meatless Balls) Arrabiata Pasta (Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread) Selection of Sandwiches Banana Muffins (A fluffy Vanilla Sponge, with Bananas & drizzled with Icing)
MSC Battered Fish Fillet (MSC Battered Fillet of Fish, served with Baked Jacket Wedges) Vegetable Pakoras (Mixed Vegetables & Onion coated in Tempura Batter, served with Baked Jacket Wedges & Raita) Spaghetti Marinara (A Tomato and mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese) Selection of Sandwiches Marble Sponge & Chocolate Sauce (Homemade Sponge with hints of both Vanilla & Chocolate Cake, served with Chocolate Sauce)	Beef & Red Lentil Bolognaise & Garlic Bread (Red Tractor Accredited Beef Mince & Lentils in a Tomato Sauce served with Pasta & Garlic Bread) Golden Cheese Flan (Mature Cheddar Cheese & Egg Baked in a Pastry Case, served with Seasoned Potatoes) BBQ Quorn Pasta (Quorn Pieces in a Barbeque flavoured Tomato Sauce, served with Wholemeal Pasta) Selection of Sandwiches / Hot Sub Roll Apple Crumble & Custard (Sliced Apples topped with Oat Crumble, served with Custard)	Roast Meat Dinner (Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties & Gravy) Hearty Shepherd's Pie (Soya Mince, Veg and Gravy filling, topped with Mashed Potato) Zingy Peppers Pasta (A zingy Tomato Sauce with Peppers served with Pasta) Assorted Jacket Potatoes / Selection of Sandwiches Decorated Fruit Jelly (Jelly with Fruit, topped with Fresh Cream)	Non Fried Breaded Chicken Burger in a Bun (Red Tractor Accredited Chicken Burger, served in a White Bun with Baked Potato Wedges) Loaded Quorn Burger in a Bun (Served in a White Breadcake with Baked Jacket Wedges) Pomodoro Pasta (A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread) Selection of Sandwiches Sprinkle Cake (Homemade Vanilla Sponge, lightly topped with Water Icing and Sprinkles)	Classic Cheese & Tomato Pizza with Coleslaw & Salad (Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese) Super Savoury Roll (Flaky Puff pastry with a seasoned filling served with Salad & Coleslaw) Arrabiata Pasta (Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread) Assorted Jacket Potatoes / Selection of Sandwiches Gallydale Biscuits (Homemade, crumbly, Oaty Biscuit)
MSC Breaded Fish Fillet Fingers (MSC Fish Fillet Fingers, served with Seasoned Potatoes) MSC Salmon & Sweet Potato Fishcake (MSC Salmon & Sweet Potato, served with Seasoned Potatoes) American Style Quorn Hot Dog (Quorn Sausage, served in a White Bun with Seasoned Potatoes) Chickpea Tikka Masala (Chickpea's cooked in a Tikka Masala Sauce, served with Basmati Rice) Assorted Jacket Potatoes / Selection of Sandwiches Chocolate Crispy Crunch (A sweet Bar made from puffed Rice, Cocoa & Syrup)	Creamy Chicken Pasta & Crusty Bread (Red Tractor Accredited diced Chicken in a homemade Creamy Sauce with Garlic, served with Penne Pasta) Rainbow Jambalaya Jamboree (Mildly spiced Rice with Peppers, Vegetables and Beans, served with Crusty Bread) BBQ Quorn Pasta (Quorn Pieces in a Barbeque flavoured Tomato Sauce, served with Wholemeal Pasta) Selection of Sandwiches / Hot Sub Roll Vanilla Sponge (Homemade, light Vanilla Sponge with a hint of Vanilla, served with Custard)	Sausage in Gravy with Yorkshire Pudding (Red Tractor Accredited Sausage, served with Yorkshire Pudding) Savoury Mince topped Tatties (Soya Mince, Vegetables & Potatoes, served with a Yorkshire Pudding) Chinese Curry (A Chinese Style Vegetable Curry served with Rainbow Rice) Selection of Sandwiches / Hot Sub Roll Peaches & Ice Cream with Syrup (Vanilla Ice Cream with Tinned Peaches Slices with a Chocolate flavoured Syrup)	Loaded Wedges with a Mild Mexican Chilli & topping (Red Tractor Accredited Beef Mince in a mild, homemade Chilli Sauce, served on Baked Jacket Wedges) Golden Cheese Whirl (Cheese, Potato & Onion encase in Puff Pastry, served with baked Jacket Wedges) Pomodoro Pasta (A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread) Selection of Sandwiches / Hot Sub Roll Apple Cake (Baked Vanilla Sponge with blended Apples & topped with Icing Sugar)	Classic Cheese & Tomato Pizza with Coleslaw & Salad (Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese) Loaded Rainbow Pizza (Wholemeal 50/50 Base topped with a lightly spiced Sauce, and topped with Mozzarella/Cheddar Cheese & Vegetables) Arrabiata Pasta (Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread) Selection of Sandwiches Chocolate Sponge & Chocolate Sauce (Homemade, light Chocolate Sponge, served with Chocolate Sauce)



the **food quarter**
FM SERVICES

For full allergen & nutritional information head to our app

