

Week 1

Dates W / C 2nd September, 21st September, 12th October

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Cottage Pie with potato and root veg topping   	Butter Chicken Curry    	Roast Pork with Crackling and Yorkshire Pudding   	Chicken Pasta Bake   	Oven Baked Fish or Tuna Sweetcorn Fishcakes    
Vegetarian	Shepherdess pie    	Spinach and Chickpea Curry   	Butternut Squash Pinwheel    	Veggie Lasagne    	Battered Chilli Quorn Fillet   
Side	Homemade Crusty Bread 	Coconut and Coriander Bread   	Rosemary Roast Potatoes and Stuffing  	Garden Salad	Oven Baked Chips
Vegetable	Minted Garden Peas	Jewelled Basmati Rice	Braised Cabbage and Roast Parsnips	Sweetcorn	Mushy Peas
Dessert	Fruit and Yoghurt  	Apple Crumble and Custard   	Fruit and Yoghurt  	Shortbread  	Fruit and Yoghurt  

Additional Information

- All our fish is from sustainable stocks and is M.S.C approved.
- All our eggs are free range.
- All our meat is from a local butcher and sourced within Northamptonshire.
- We operate a 'Stealthy Eating Policy' where all our dishes include fruit or vegetables.
- Meals are charged @ **£2.75** Please pay for meals in advance via www.parentpay.com using your login details or by cash via the office.
- All our food is prepared daily from fresh produce in our own kitchen, it allows us to adapt to the needs of all our young peoples diet.
- We actively encourage them to try new foods as this forms part of their education and on going life experiences.
- If you have any questions, have problems logging in or require any further information, please contact the school office on 10604 714098

Options for everyday

- Baked Potato with various toppings.
- Low fat yoghurts and fresh fruit.
- Cold Lunch served to your room.

Crustacean	Celery	
		
Egg	Fish	Gluten
		
Lupin	Milk	Mollusc
		
Mustard	Peanut	
		
Sesame	Soya	Sulphur D
		

Week 2

Dates W / C 7th September, 28th September

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Mac 'n Cheese Beef Lasagne    	Chinese Chicken Curry    	Honey Roast Gammon and Yorkshire Pudding   	Smokey Pork Taco's   	Hot Dogs  
Vegetarian	Squash, Halloumi and Sweet Chilli Flatbread    	Korean Bibimbap Rice    	Cheese and Onion Pudding    	Cauliflower Mac 'n Cheese  	Veggie Dogs   
Side	Garlic and Basil Bread  	Prawn Crackers     	Roast Potatoes and Stuffing  	Salads and Dips	Garlic New Potato's
Vegetable	Buttered Sweetcorn	Mushroom Rice	Roast Carrots and Green Beans	Mexican Rice	BBQ Baked Beans
Dessert	Yoghurt and Fruit  	Hedgerow Berry Cheesecake    	Fruit and Yoghurt  	Apple and Cinnamon Muffin    	Fruit and Yoghurt  

Additional Information

- All our fish is from sustainable stocks and is M.S.C approved.
- All our eggs are free range.
- All our meat is from a local butcher and sourced within Northamptonshire.
- We operate a 'Stealthy Eating Policy' where all our dishes include fruit or vegetables.
- Meals are charged @ **£2.75**. Please pay for meals in advance via www.parentpay.com using your login details or by cash via the office.
- All our food is prepared daily from fresh produce in our own kitchen, it allows us to adapt to the needs of all our young peoples diet.
- We actively encourage them to try new foods as this forms part of their education and on going life experiences.
- If you have any questions, have problems logging in or require any further information, please contact the school office on 10604 714098

Options for everyday

- Baked Potato with various toppings.
- Low fat yoghurts and fresh fruit.
- Cold Lunch served to your room.

Crustacean  Celery 
Egg  Fish  Gluten 
Lupin  Milk  Mollusc 
Mustard  Peanut 
Sesame  Soya  Sulphur D 

Week 3

Dates W / C 14th September, 5th October

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef, Leek and Swede Cumberland Pie    	Sausage and Cheese Wellington   	Roast Sage Chicken and Yorkshire Pudding   	Ginger Chicken, Broccoli and Udon Noodles    	Deep Pan Pizza Bar  
Vegetarian	Glamorgan Sausage and Onion Gravy   	Goats Cheese and Chutney Crostini    	Roasted Quorn Fillet    	Tempura Mushrooms 	Vegetable Pizza  
Side	Parsley Baby Potatoes	Potato Planters	Thyme Roast Potatoes and Stuffing  	Pan fried Soy Broccoli 	Baked Oven Chips
Vegetable	Braised Greens	Smokey Baked Beans	Cauliflower Cheese and Buttered Carrots   	Vegetable Rice	Mushy Peas or Peas
Dessert	Yoghurt and Fruit  	Carrot and Courgette Cake   	Yoghurt and Fruit  	Chocolate Mint Sponge and Chocolate Sauce    	Yoghurt and Fruit  

Additional Information

- All our fish is from sustainable stocks and is M.S.C approved.
- All our eggs are free range.
- All our meat is from a local butcher and sourced within Northamptonshire.
- We operate a 'Stealthy Eating Policy' where all our dishes include fruit or vegetables.
- Meals are charged @ **£2.75**. Please pay for meals in advance via www.parentpay.com using your login details or by cash via the office.
- All our food is prepared daily from fresh produce in our own kitchen, it allows us to adapt to the needs of all our young peoples diet.
- We actively encourage them to try new foods as this forms part of their education and on going life experiences.
- If you have any questions, have problems logging in or require any further information, please contact the school office on 10604 714098

Options for everyday

- Baked Potato with various toppings.
- Low fat yoghurts and fresh fruit.
- Cold Lunch served to your room.

Crustacean	Celery	
		
Egg	Fish	Gluten
		
Lupin	Milk	Mollusc
		
Mustard	Peanut	
		
Sesame	Soya	Sulphur D
		