



YOUR MENU Week ONE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Salmon Fish Fingers</p> <p>Cheese & Tomato Quiche (v)</p> <p>Vegetable Chow Mein (v)</p>	<p>Braised sausages</p> <p>Quorn Sausage with Gravy (v)</p> <p>Cheese & Potato Pie (v)</p>	<p>Homemade Pizza Margherita (v)</p> <p>Italiano Pasta Bake (v)</p>	<p>Roast Turkey with Vegetable Gravy</p> <p>Roast Quorn Joint (v)</p> <p>Cauliflower & Broccoli Cheese (v)</p>	<p>Grilled Chicken Fillet Burger on a Wholemeal Bun</p> <p>Quorn Burger on a Wholemeal Bun (v)</p> <p>Macaroni Cheese (v)</p>
<p>Green Beans</p> <p>Sweetcorn</p> <p>Pilau Rice or Oven Wedges</p>	<p>Steamed Cauliflower</p> <p>Savoy Cabbage</p> <p>Parsley New Potatoes or Creamed Potatoes</p>	<p>Chunky Chips or Rice</p> <p>Garden Peas</p> <p>Baked Beans</p>	<p>Fresh Broccoli</p> <p>Sliced Carrots</p> <p>Roast Potatoes or Mashed Potatoes</p>	<p>Sweetcorn</p> <p>Minted Garden Peas</p>
<p>Fresh Seasonal Salad Bar Every Day with Wholemeal Bread Made Fresh Daily</p> <p>Selection of Fresh Fruit Bowls, Melon Pots & Organic Yogurt Available Daily</p>				
<p>Apple Sponge & Custard</p>	<p>Chocolate Cracknell & Custard</p>	<p>Parsnip & Winter Apple Muffins</p>	<p>Lemon Drizzle Cake</p>	<p>Ice-Cream</p>

ADDITIONAL MENU OPTIONS AVAILABLE DAILY

Vegetarian options available Daily. For any allergen/dietary requirements please speak to the Catering Supervisor

MADE FRESH

Coppice & Langley School



YOUR MENU Week TWO

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken & Roast Vegetable Pie Cheese & Onion Pasty (v) Tuna & Sweetcorn Pasta Bake	Battered Pollack Fillet Quorn Balti (v) Omelette (v)	Homemade Pizza Margherita (v) Italiano Pasta Bake (v)	Roast Beef with Gravy Quorn Roast (v) Winter Veg Pasta Bake (v)	Lamb Bolognese with Spaghetti Salmon Fishcake Winter Veg Stir-Fry
Mashed Potatoes or Vegetable Rice Broccoli & Cauliflower Florets	Oven Wedges Mushy Peas Garden Peas	Chunky Chips Or Pilau Rice Sweetcorn Baked Beans	Roast Potatoes or Creamed Potatoes Steamed Cauliflower Cabbage	½ Jacket Potatoes Green Beans Carrot Batons
Fresh Seasonal Salad Bar Every Day with Wholemeal Bread Made Fresh Daily Selection of Fresh Fruit Bowls, Melon Pots & Organic Yogurt Available Daily				
Fruit Flapjack & Custard	Carrot & Orange Muffin	Chocolate Crunch & Custard	Jam Sponge & Custard	Chocolate Ice-Cream

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YOUR MENU Week THREE

Monday	Tuesday	Wednesday	Thursday	Friday
Shepherd's Pie with Leeky Mash Topping Chicken Fillet Macaroni Cheese (v)	Breaded Salmon Fillet Cheese & Potato Pie (v) Winter Veg Pasta Bake (v)	Homemade Pizza Margherita (v) Italiano Pasta (v)	Roast Chicken with Gravy Quorn Roast with Gravy (v) Cheese Pasty (v)	Fish Fingers Cauliflower & Broccoli Cheese Vegetable Chow Mein (v)
Creamed Potatoes Steamed Cauliflower Sliced Carrots	Parsley Potatoes Steamed Green Runner Beans	Chunky Chips or Pilau Rice Sweetcorn Baked Beans	Roast Potatoes or Mashed Potatoes Broccoli Florets	Garlic Bread Slice Garden Peas Mushy Peas
Fresh Seasonal Salad Bar Every Day with Wholemeal Bread Made Fresh Daily Selection of Fresh Fruit Bowls, Melon Pots & Organic Yogurt Available Daily				
Chocolate Sponge & Custard	Carrot Cake	Chocolate & Beetroot Muffins	Fruit Sponge & Custard	Ice-Cream

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