

All our meals are freshly cooked at school!

# The Hungry Tree

Ingredients are from local suppliers and prepared on site

## Week 1

w/b 2 Sep, 23  
Sep, 14 Oct, 11  
Nov, 2 Dec

Monday

Chicken Tikka and Rice (C) (sul) (M) or Spinach Lentil and Chickpea Curry and Rice (C) (sul) and Apple and Blackberry Crumble with Custard

Tuesday

Sausage and Mash (G) (sul) or Quorn Sausage and Mash (G) (E) (M) and Strawberry Yoghurt and Fruit Cocktail (M)

Wednesday

Beef Burger in a Bun (G) (ss) (sul) or Veggie Burger in a Bun (G) (ss) and Vanilla Sponge and Custard (E) (M) (G)

Thursday

Roast Chicken or Quorn and Vegetable Puff Pastry Pie (E) (M) (Mus) (G) and Toffee Frozen Yoghurt Ice Cream (M)

Friday

Salmon Fish Fingers (G) (F) or Vegetable Fingers (G) and Banana Cake with Custard (G) (M) (E)

## Week 2

w/b 9 Sep, 30  
Sep, 21 Oct,  
18 Nov, 9 Dec

Monday

Cheesy Tomato and Basil Pasta Bake (G) (C) (sul) (M) or Vegetarian Pasta Bolognese (sul) (G) (C) and Fruit Cocktail and Strawberry Frozen Yoghurt (M)

Tuesday

Ham and Cheese Pizza (G) (E) (S) (M) or Cheese and Salsa Loaded Potato Boats (M) and Toffee Sponge with Custard (G) (M) (E) (sul)

Wednesday

Roast Gammon or Quorn and Vegetable Stir Fry (E) (G) and Butterscotch Whip (M)

Thursday

Chicken and Bacon Puff Pastry Pie (G) (M) or Roasted Vegetable Crumble (G) (M) (Mus) and Cherry Shortbread (G) (sul)

Friday

Fish Nuggets (G) (F) or Vegetable and Lentil Cottage Pie (sul) (c) and Peaches and Custard (M)

## Week 3

w/b 16 Sep, 7  
Oct, 4 Nov, 25  
Nov, 16 Dec

Monday

Meatballs in Tomato sauce with Rice (sul) (G) (C) or Vegetarian Meatballs in Tomato sauce (sul) (C) (G) and Pears and Chocolate Custard (M)

Tuesday

Cottage Pie (sul) (c) or Quorn Sausage and Mash (G) (E) (M) and Sultana Sponge and Custard (G) (M) (E)

Wednesday

Roast Pork or Mushroom Risotto (c) (sul) and Apple Pie and Ice Cream (G) (M)

Thursday

Macaroni Cheese Bake (G) (M) (Mus) or Cauliflower Cheese Bake (Mus) (M) and Oat and Raisin Cookie (G) (sul)

Friday

Chicken Goujons (G) or Vegetable Dippers and Chocolate Sponge and Chocolate Custard (G) (M)

New fill your own jacket potato and sandwich option - Simply choose either jacket or sandwich on the order form and then you can choose your own bread, filling/topping and salad on the day.



All mains above served with potatoes and seasonable vegetables  
Fresh salad bar, milk, wholegrain bread and fresh fruit available daily

Allergens: Contains (N) Nuts; (P) Peanuts; (M) Milk; (S) Soya; (Mus) Mustard; (L) Lupin; (E) Eggs; (F) Fish; (SF) Shellfish; (G) Gluten; (SS) Sesame Seeds; (C) Celery; (sul) Sulphur Dioxide or Sulphites; (Crw) Crustaceans; (Mol) Molluscs

