W/C 16/04, 07/05, 04/06, 25/06, 16/07, 17/09, 08/10

Mozzarella & Tomato Pizza (v)

Freshly made pizza served with couscous salad

Mediterranean Summer Beans (v)

Mixed beans and vegetables in a tomato-based sauce served with rice

Chicken Burger with Jacket Wedges Fresh Farm Assured chicken served in a bun

Vegetable Biryani (v)

A mild vegetable biryani served with wholegrain rice

Roast Pork

Farm Assured roasted sliced pork served with crispy roast potatoes and gravy

Quorn Roast (V)

Organic Beef Chilli

Breaded fish fingers

Sliced roasted Quorn served with crispy roast potatoes and gravy

Mild beef chilli served on a bed of rice

Salmon Fish Fingers with Chips

Veggie Hot Dog with Chips (v)

Vegetarian hot dog served in a roll

Macaroni, Sweetcorn & Cheese Bake (v)

Short cut macaroni served in a creamy cheese

& sweetcorn sauce with a mozzarella topping

Seasonal Roasted Vegetables Garden Peas

On the Side

For Dessert...

Mango Frozen Yoghurt

On the Side

Sweet.com House Coleslaw

For Dessert...

On the Side

Fresh Carrots

For Dessert...

On the Side.

Fresh Broccoli

For Dessert...

with Custard

On the Side.

Baked Beans

Sweetcorn

Short-bread

Garden Peas &

For Dessert...

Peach Sponge Cake

Fresh Cauliflower

Berry Chill

Chocolate Brownie with Banana

Roast Chicken

Traditionally roasted chicken served Seasonal Cabbage with crispy roast potatoes and gravy

Lentil Roast (v)

A vegetarian roast served with crispy roast potatoes and gravy

Week two

Classic short cut macaroni served

Layered vegetarian moussaka served

Farm Assured pork sausages served with

Vegetarian meatballs in a tomato sauce

with a garlic & herb bread wedge

creamy mash potato and gravy

served with wholemeal pasta

Veggie Balls in Tomato Sauce (v)

Macaroni Cheese (v)

in a creamy cheese sauce

Vegetarian Moussaka (v)

Bangers & Mash

W/C 23/04. 14/05, 11/06, 02/07, 03/09, 24/09, 15/10

On the Side

Fresh Carrots

with Peppers

For Dessert...

On the Side...

Garden Peas

For Dessert...

Fruit Slices

On the Side

Mashed Carrot

For Dessert...

Mousse Pot

On the Side...

Fresh Broccoli

For Dessert..

Cake Slice

On the Side.

Baked Beans

Garden Peas

For Dessert..

Strawberry Jelly

Fresh Cauliflower

Chocolate & Banana

& Swede

Seasonal Cabbage

Oatie Biscuit with

Vanilla Ice Cream

Roasted Vegetables

Roasted Sweetcorn

Organic Minced Beef Curry

Mild beef keema curry served with rice

Vegetarian Sausages (v)

Vegetarian sausages served with creamy mash and gravy

Fish Fingers with Chips

Whole fillet white fish fingers in golden breadcrumbs

Mediterranean Tart with Chips (v)

Cheese, onions, tomato and spinach in a pastry case

Week three

KS1 Meals are Free KS2 Meals are £2.10

W/C 30/04, 21/05, 18/06, 09/07, 10/09, 01/10

Mild Potato & Chickpea Curry (v)

A delicious vegetarian mild curry served with rice

Vegetarian Bolognese (v)

Chinese Chicken Noodles

Vegetarian mince in a Bolognese sauce with wholemeal pasta

On the Side...

Garden Peas

For Dessert...

Blueberry Frozen Yoghurt

Sweetcorn

Fresh Broccoli

Quorn Frankfurter Pasta Bake (v)

Quorn Frankfurters, peas and pasta baked in a cheese sauce

Fresh Farm Assured chicken in a Chinese

five-spice seasoning mixed with noodles

Roasted and sliced beef served with crispy roast potatoes and gravy

Tasty fresh vegetable pie in a white sauce topped with pastry served with crispy roast potatoes and gravy

Organic Beef Pasta Bolognese

Country Vegetable Pie (v)

Served with pasta

Roast Beef

Carrot & Pineapple served with rice

Bean & Pepper Fajita with Chips (v)

Mexican beans, peppers and onions with a fajita sauce wrapped in a flour tortilla

On the Side

Fresh Carrots

For Dessert...

Chocolate & Mandarin Sponge with Custard

On the Side

Roasted Parsnips Seasonal Cabbage

For Dessert...

Strawberry Ice Cream

Cheese & Tomato Chimichangas (v)

A cheese, tomato & chickpea wrap

Crispy Fish Fillet with Chips

Battered fish served with chips

On the Side...

Fresh Carrots Roasted Vegetables

For Dessert..

Apple Flapjack with Fruit Slices

On the Side.

Garden Peas Baked Beans

For Dessert...

Cheese & Crackers with Fruit or Vegetable Sticks

All our milk is Red Tractor approved

of our seasonal vegetables direct from British growers



FRESH SALAD

IS AVAILABLE ON A DAILY BASIS

East Sussex









Jacket. FARM TO FORK Potatoes with various fillings

We can trace every cut of meat back to the farms of origin

ALL OUR BREAD IS

