

NORMAND CROFT COMMUNITY SCHOOL

Autumn/Winter 2021




WEEK 1

06/09, 27/09, 18/10, 15/11, 06/12

Meat-free Mondays




No Added Sugar Wednesdays

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheddar and Caramelized Red Onion Quiche served with New Potatoes	Chicken, Tomato and Pepper Bake served with Steamed Rice	Roast Turkey served with Stuffing, Roast Potatoes and Gravy	Organic Beef Keema served with Wholemeal Pitta	Breaded Fish served with Chips
Option 2  Vegetarian	Vegetarian Sausage (Ve) served with Mashed Potato and Gravy	Macaroni Cheese	Sweet Potato and Lentil Wellington served with Roast Potatoes	Tandoori Vegetables served with Wholemeal Pitta	Quorn Nuggets served with Chips
Option 3	Tomato and Basil Pasta (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Roasted Red Pepper Pasta Bake (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Neapolitan Pasta (Ve)
Vegetables	Roasted Root Vegetables	Carrots Garden Peas	Sweetcorn Steamed Cabbage	Green Beans Carrots	Garden Peas Baked Beans
Dessert	Chocolate Cookie (Ve)	Iced Lemon Sponge	Fruit Salad (Ve)	Apple and Cinnamon Sponge with Custard	Fruit Slushy (Ve)


WEEK 2

13/09, 04/10, 01/11, 22/11, 13/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese and Tomato Pizza served with Potato Wedges	Minced Organic Beef Pie served with New Potatoes	Chicken Sausage Hot Dog topped with Onions and Homemade Tomato Ketchup	Chicken Tikka Masala served with Steamed Rice	Fish Fingers or Salmon Fish Fingers served with Chips
Option 2  Vegetarian	Red Pepper and Sweetcorn Pizza served with Potato Wedges	Spanish Omelette served with New Potatoes	Vegetarian Sausage Hot Dog topped with Onions and Homemade Tomato Ketchup	Vegetarian Chilli Con Carne served with Steamed Rice (Ve)	Cheese and Tomato Turnover served with Chips
Option 3	Spicy Tomato Pasta Bake (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Tomato and Basil Pasta (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Tomato and Mushroom Pasta Bake (Ve)
Vegetables	Broccoli Sweetcorn	Carrots Garden Peas	Green Beans Carrots	Medley of Vegetables	Garden Peas Baked Beans
Dessert	Peach Sponge with Custard	Orange Jelly (Ve)	Fruit Salad (Ve)	Vanilla, Honey and Yoghurt Cake	Fruit Slushy (Ve)

WEEK 3

20/09, 11/10, 08/11, 29/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetarian Sausage Stir Fry served with Steamed Rice	Organic Beef Bolognese served with Spaghetti	Roast Chicken served with Stuffing, Roast Potatoes and Gravy	Chicken Balti served with Steamed Rice	Breaded Fish served with Chips
Option 2  Vegetarian	Vegetable Tortilla Bake	Vegetarian Bolognese served with Spaghetti (Ve)	Roast Quorn served with Stuffing, Roast Potatoes and Gravy	Vegetable and Chick Pea Korma served with Steamed Rice	Vegetable Nuggets served with Chips
Option 3	Roasted Vegetable Pasta Bake (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Cheesy Tomato Pasta Bake	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Tomato and Basil Pasta (Ve)
Vegetables	Garden Peas Carrots	Cauliflower Sweetcorn	Butternut Squash Green Beans	Sweetcorn Carrots	Garden Peas Baked Beans
Dessert	Bakewell Tart	Pear and Chocolate Sponge with Custard	Fruit Salad (Ve)	Fruity Cookie (Ve)	Fruit Slushy (Ve)

LOOK FOR THE SUGAR SHERIFF THESE MEALS ARE COMPLETELY FREE FROM ADDED SUGAR!



Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily

THIS MENU SUPPORTS:



We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.