

VEGPOWER

Don't forget copies of the vegpower reward chart are available from your school cooks or visit vegpower.org.uk for great tips from the experts and simple recipes from top chefs.



Our dishes are FRESHLY PREPARED using seasonal and fresh local produce



VARIETY OF BREADS BAKED DAILY BY OUR EXPERIENCED SCHOOL CHEFS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1 21st Oct, 11th Nov, 2nd Dec, 6th Jan, 27th Jan, 24th Feb, 16th Mar, 20th Apr, 11th May, 8th Jun, 29th Jun

OPTION ONE	Margherita Pizza Pasta Shapes Sweetcorn Creamy Coleslaw	Brunch Lunch: Farm Assured Back Bacon Scrambled Egg Grilled Tomato Potato Rosi & Baked Beans	Roast Turkey with Sage & Onion Stuffing & Roast Gravy Creamy Mash Medley of Seasonal Vegetables	Organic Meatballs served with Homemade Tomato & Vegetable Sauce Multi Grain Savoury Rice Carrot Batons & Broccoli Florets	Battered Fish Fillet (sustainably caught MSC) served with Lemon Wedge Chips, Baked Beans Salad Bar Selection
-------------------	---	--	---	---	--

OPTION TWO	Roasted Vegetable Pizza Half Jacket Sweetcorn Creamy Coleslaw	Mild Quorn Keema Curry Vegetable Rice Peas	Traditional Cheese Pan Potatoes in their Skins Medley of Seasonal Vegetables	Courgette Sausages Pasta Shapes Carrot Batons Broccoli Florets	Oven Baked Quorn Dippers Half Jacket Mushy Peas Salad Bar Selection
-------------------	--	---	--	---	--

OPTION THREE	Jacket Potato served with Vegetarian Mild Chilli Salad Bar Selection	Creamy Mushroom Pasta Bake Salad Bar Selection	Jacket Potato served with Baked Beans & Fruity Coleslaw Salad Bar Selection	Jacket Potato served with Chicken Curry Salad Bar Selection	Jacket Potato served with Tuna & Sweetcorn Mayonnaise Salad Bar Selection
---------------------	--	---	---	---	---

DESSERTS	Granola & Yoghurt Fruit Sandae <i>or</i> Bramley Apple Puff	Forest Berry Sponge served with Custard Sauce <i>or</i> Cherry Scone	Strawberry Jelly & Cream <i>or</i> Passion Cake	Vanilla & Lemon Yoghurt Cake <i>or</i> Rice Pudding served with Fruit Couli	Chocolate Ice Cream with Fruit Couli <i>or</i> Cheese & Biscuits
-----------------	---	---	---	--	---

WEEK 2 28th Oct, 18th Nov, 9th Dec, 13th Jan, 3rd Feb, 2nd Mar, 23rd Mar, 27th Apr, 18th May, 15th Jun, 6th Jul

OPTION ONE	Roast Gammou Potatoes in the Skins Cauliflower & Broccoli Florets	Chicken & Vegetable Pie Mashed Potatoes Carrot & Swede Mash Garden Peas Gravy	Farm Assured Roast Loaf of Pork with Apple Sauce & Roast Gravy Roast Potatoes, Creamy Mash Seasonal Medley of Vegetables	Roasted Pepper & Sweetcorn Pizza Tomato Pasta Vegetable Crudite Sweetcorn	Fish Burger in a Bun served with Crunchy Lettuce and Tartare Sauce Chips, Baked Beans Salad Bar Selection
-------------------	---	---	--	---	---

OPTION TWO	Quorn Sweet Chilli Pasta Shapes Salad Bar Selection	Vegetable Pie Mashed Potatoes Carrot & Swede Mash Garden Peas Gravy	Vegetarian Shepherd's Pie served with Roast Gravy Roast Potatoes Seasonal Medley of Vegetables	Bean & Lentil Loaf Vegetable Cous Cous Vegetable Crudite Sweetcorn	Vegetarian Bean Burger in a Bun with Crunchy Lettuce & Tomato Sauce Half Jacket, Peas Salad Bar Selection
-------------------	---	---	---	---	---

OPTION THREE	Jacket Potato served with Baked Beans & Creamy Coleslaw Salad Bar Selection	Cheese, Onion & Potato Cake served with Fresh Tomato Sauce Salad Bar Selection	Jacket Potato with Vegetarian Bolognese topping Salad Bar Selection	BBQ Chicken Wrap served with Tomato Salsa Salad Bar Selection	Macaroni Cheese Peas Salad Bar Selection
---------------------	--	--	---	---	--

DESSERTS	Orange & Cinnamon Roll <i>or</i> Lemon Drizzle Cake	Cherry Shortcake <i>or</i> Strawberry Whip	Seasonal Fruit Crumble served with Custard Sauce <i>or</i> Chocolate Devonshire Splits	Cream Meringues <i>or</i> Carrot Cake	Vanilla Ice cream & Fruit Couli <i>or</i> Fresh Fruit Platter
-----------------	--	--	--	---	--

WEEK 3 4th Nov, 25th Nov, 16th Dec, 20th Jan, 10th Feb, 9th Mar, 30th Mar, 4th May, 1st Jun, 22nd Jun, 13th Jul

OPTION ONE	Organic Pork & Vegetable Pasta Mashed Potatoes Broccoli & Cauliflower Florets	Organic Beef Bolognese Spaghetti Peas Vegetable Crudite	Roasted Farm Assured Chicken fillet served with gravy Parley Potatoes, Carrot Batons Savoy Cabbage	Farm Assured British Pork Sausages with Gravy Creamy Potato & Parsnip Mash Green Beans Sweetcorn	Cod or Salmon Fish Fingers (sustainably sourced) served with Tomato Sauce Chips, Peas Salad Bar Selection
-------------------	--	--	--	--	---

OPTION TWO	Quorn Tikka Masala Pilau Rice Salad Bar Selection	Vegetarian Pinwheels Half Jacket Peas Vegetable Crudite	Margherita Pizza Herby Jacket Wedges Carrot Batons Salad Bar Selection	Vegetarian Bites served in Pita with Crunchy Salad & Relish Bombay Potatoes Sweetcorn Salad Bar Selection	Vegetable Fingers served with Tomato Sauce Half Jacket Baked Beans Salad Bar Selection
-------------------	---	--	---	---	--

OPTION THREE	Roasted Vegetable Fajita Wrap Salad Bar Selection	Jacket Potato served with Chicken Mayonnaise Salad Bar Selection	Tuna Pasta Bake Salad Bar Selection	Jacket Potato with Cheese & Creamy Coleslaw Salad Bar Selection	Falafel served in Pita with a Crunchy Salad and Mint Raita Salad Bar Selection
---------------------	--	--	--	---	--

DESSERTS	Courgette & Lime Cake <i>or</i> Butterscotch Whip	Chocolate & Pear Sponge with Chocolate Sauce <i>or</i> Date Slice	Strawberry Jelly with Fresh Fruit <i>or</i> Banana Flapjack	Bramley Apple Only Crumble served with Custard Sauce <i>or</i> Vanilla Ice Cream with Fruit	Cheese & Biscuits <i>or</i> Chocolate & Beetroot Slice
-----------------	---	--	--	---	---

* 'stuffed crust' denotes that all pizza bases contain added grated vegetables