




Love To Learn, The Malcolm Sargent Way





WEEK 1 02.09.2019- 06.09.2019	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	INSET Day					Dessert of the day or Fresh Fruit or Yogurt
Tuesday	INSET Day					
Wednesday	Roast Chicken Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Bolognese	
Thursday	Chicken Curry Rice Mixed Salad	Sweet potato and chickpea curry Rice Mixed Salad	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Pomodoro	
Friday	Fish Fingers Oven Baked Chips Baked Beans Or Peas	Cheese and Tomato Omelette Oven Chips Baked Beans Or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Italian Meatballs	



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WEEK 2 09.09.2019- 13.09.2019	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday Children`s Choice	Toad in the Hole Mashed Potato Gravy Seasonal Vegetables	Quorn Sausage Mashed Potato Gravy Seasonal Vegetables	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Basilico	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	BBQ Chicken Fillet Spicy Oven Wedges Baked Beans Or Mixed Salad	Southern Baked Halloumi Burger in a Bun Spicy Oven Wedges Baked Beans or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Bolognese	
Wednesday	Cheesy Tomato Pasta Bake Seasonal Vegetables or Mixed Salad	Lentil Sausage Roll Sweet Potato Mash Seasonal Vegetables or Mixed Salad	Beans Cheese Ham	Ham Wrap Mixed Salads	Pomodoro	
Thursday	Jerk Chicken Rice Seasonal Vegetables or Mixed Salad	Mixed Beans Rice Seasonal Vegetables or Mixed Salad	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Italian Meatballs	
Friday 	Salmon Fish Fingers Oven Baked Chips Baked Beans or Peas	Cheese & Tomato Pizza Oven Baked Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Basilico	



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WEEK 3 16.09.2019- 20.09.2019	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Spanish Style Chicken Risotto Seasonal Vegetables	Spanish Omelette New Potatoes Seasonal Vegetables	Cheese Beans Ham	Cheese Sandwich	Bolognese	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	Tortilla Baked Vegetable Lasagne Seasonal Vegetables or Mixed Salad	Halloumi and Vegetable Kebab Rice Seasonal Vegetables or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salad	Chicken Italiano	
Wednesday	Roast Chicken Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Roasted Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Italian Meatballs	
Thursday	Spaghetti Bolognese with Garlic Bread Mixed Salads	Honey Glazed Quorn Sausages New Potatoes Seasonal Vegetables	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Basilico	
Friday 	Oven Baked Fish Fingers Oven Chips Baked Beans or Peas	Cheese and Tomato Flan Oven Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Bolognese	

WEEK 4 23.09.2019- 27.09.2019	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Cottage Pie Seasonal Vegetables	Chickpea, Corn and Carrot Burger in a bun New Potatoes Seasonal Vegetables	Beans Cheese Ham	Cheese Sandwich Mixed Salads	Pomodoro	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	Chicken Fajitas Wedges Mixed Salad	Beans on Toast Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Italian Meatballs	
Wednesday	Roast Gammon Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Fillet Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Basilico	
Thursday	Beef Burgers in a Bun Wedges Baked Beans or Mixed Salad	Mac 'n' Cheese Mixed Salad	Beans Cheese	Tuna Sandwich	Chicken Italiano	
Friday 	Salmon Fish Fingers Oven Baked Chips Baked Beans Or Peas	Cheese and Tomato Pizza Oven Baked Chips Baked Beans Or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Pomodoro	



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WEEK 5 30.09.2019- 04.10.2019	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Lasagne with Garlic Bread Seasonal Vegetables or Mixed Salad	Vegetable Lasagne Garlic Bread Seasonal Vegetables or Mixed Salad	Cheese Beans Ham	Cheese Sandwich Mixed Salad	Pomodoro	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	Bean & Vegetable Fajita Wedges Seasonal Vegetables Or Mixed Salad	Quorn Sausage Pattie Burger in a Bun Wedges Seasonal Vegetables Or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Chicken Korma	
Wednesday	Roast Chicken Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Roast Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Bolognese	
Thursday	Cheese and Tomato Pizza Wedges Peas	Quorn Sausage Wedges Peas	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Italian Meatballs	
Friday 	Fish Fingers Oven Baked Chips Baked Beans Or Peas	Cheese and Tomato Omelette Oven Chips Baked Beans Or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Pomodoro	



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WEEK 6 07.10.2019- 11.10.2019	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday Children`s Choice	Toad in the Hole Mashed Potato Gravy Seasonal Vegetables	Quorn Sausage Mashed Potato Gravy Seasonal Vegetables	Beans Cheese Ham	Cheese Sandwich	Basilico	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	BBQ Chicken Fillet Spicy Oven Wedges Baked Beans Or Mixed Salad	Southern Baked Halloumi Burger in a Bun Spicy Oven Wedges Baked Beans or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Bolognese	
Wednesday	Cheesy Tomato Pasta Bake Seasonal Vegetables or Mixed Salad	Lentil Sausage Roll Sweet Potato Mash Seasonal Vegetables or Mixed Salad	Beans Cheese Ham	Ham Wrap Mixed Salads	Pomodoro	
Thursday	Jerk Chicken Rice Seasonal Vegetables or Mixed Salad	Mixed Beans Rice Seasonal Vegetables or Mixed Salad	Beans Cheese Tuna	Tuna Sandwich	Italian Meatballs	
Friday 	Salmon Fish Fingers Oven Baked Chips Baked Beans or Peas	Cheese & Tomato Pizza Oven Baked Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Basilico	



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WEEK 7 14.10.2019- 18.10.2019	Main (M)	Vegetarian (V)	Jacket Potato (J)	Sandwich/Wrap (S)	Pasta (P) 	Dessert (For information only)
Monday	Spanish Style Chicken Risotto	Spanish Omelette New Potatoes Seasonal Vegetables	Cheese Beans Ham	Cheese Sandwich Mixed Salad	Pomodoro	Dessert of the day or Fresh Fruit or Yogurt
Tuesday	Tortilla Baked Vegetable Lasagne Seasonal Vegetables or Mixed Salad	Halloumi and Vegetable Kebab Rice Seasonal Vegetables or Mixed Salad	Beans Cheese	Egg Mayonnaise Baguette Mixed Salads	Chicken Italiano	
Wednesday	Roast Chicken Sage & onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Quorn Fillet Sage & Onion Stuffing Roast Potatoes Gravy Seasonal Vegetables	Beans Cheese Ham	Ham Wrap Mixed Salads	Basilico	
Thursday	Spaghetti Bolognese With Garlic Bread Mixed Salad	Honey Glazed Quorn Sausages New Potatoes Seasonal Vegetables	Beans Cheese Tuna	Tuna Sandwich Mixed Salads	Italian Meatballs	
Friday 	Oven Baked Fish Fingers Tomato Sauce Oven Baked Chips Baked Beans or Peas	Cheese and Tomato Flan Tomato Sauce Oven Baked Chips Baked Beans or Peas	Beans Cheese	Ham Sandwich Mixed Salads	Pomodoro	