



WELCOME Week



	Monday 1st Sept	Tuesday 2nd Sept	Wednesday 3rd Sept	Thursday 4th Sept	Friday 5th Sept
Lunch Option 1		Mild & Creamy Coconut Chicken Curry & Rice	Creamy Tomato Pasta & Bread Selection	The Ideal Brunch - Lincolnshire Sausage & Bread Roll	MSC Breaded Fish Fingers
Lunch Option 2		N/A Today	N/A Today	Cheese & Bacon Flatbread	BBQ Chicken Breast
Lunch Option 3		Cheese Filled Potato Shells	Mega Mild Mixed Bean Chilli & Rice	Quorn Sausage & Cheese Muffin	Cheese & Tomato Pizza Bagel
1, 2 & 3 served with		Mixed Vegetables	Mixed Vegetables	Hash Brown & Baked Beans	Diced Roast Potatoes, Peas & Ketchup
Lunch Option 4		Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5		Cheese Baguette	Sliced Ham Baguette	Chicken Mayo Baguette	Sliced Ham Baguette
4 & 5 served with		Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D		Fruit Salad & Ice Cream	Vanilla Sponge Cake with Buttercream & Strawberry Drizzle	Chocolate Cracknel	Shortbread Finger & Fresh Fruit Platter
Dessert Option Y		Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



ideal
MEALS
for
Schools

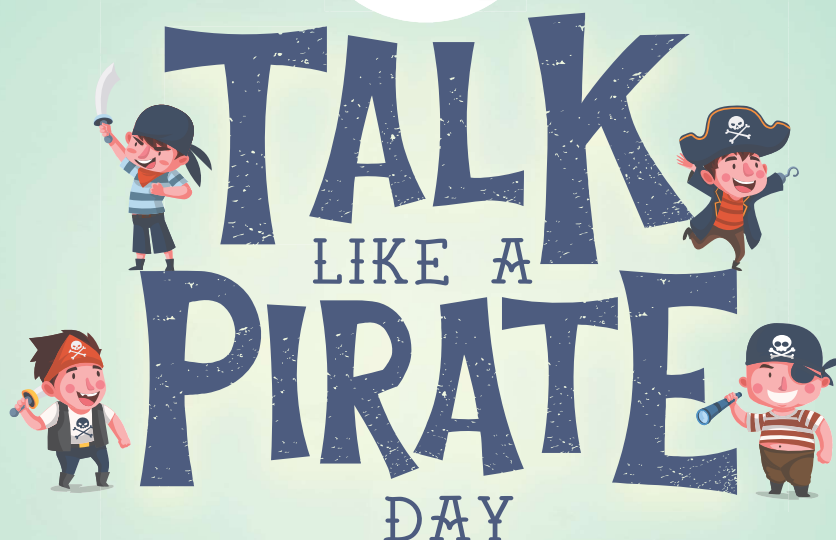


ROALD DAHL DAY



	Monday 8th Sept	Tuesday 9th Sept	Wednesday 10th Sept	Thursday 11th Sept	Friday 12th Sept
Lunch Option 1	Cheese & Tomato Pizza Slices & Ketchup	Beef Lasagne	Roast Chicken & Diced Roast Potatoes	MSC Breaded Fishcake	Fantastic Mr Fox's Loaded Chicken Burger with Hash Brown, Cheese & Ketchup
Lunch Option 2	Stuffed Pepper in Tomato Sauce	Tuna Melt Pizza Bagel	Cheese & Tomato Pasta Bake	Cheese & Bacon Turnover	The Twit's Wormy Spaghetti Bolognese
Lunch Option 3	Potato, Lentil & Vegetable Curry & Rice	Vegetable Lasagne	Quorn & Vegetable Cottage Pie	Breaded Veggie Nuggets	The BFG's Human Bean Burrito
1, 2 & 3 served with	Rainbow Mixed Salad	Mixed Vegetables	Mixed Vegetables	Mashed Potato & Baked Beans	Snozzcumber, Pepper & Carrot Sticks
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Sliced Turkey Baguette	Sliced Ham Baguette
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Oat Cookie	Flapjack Finger & Melon Slice	Toffee & Mandarin Sponge Cake	Raspberry Jelly	Willy Wonka's Scrumdiddlyumptious Chocolate Buttercream Cake
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

TALK LIKE A PIRATE DAY



	Monday 15th Sept	Tuesday 16th Sept	Wednesday 17th Sept	Thursday 18th Sept	Friday 19th Sept
Lunch Option 1	Cheese & Tomato Pasta Bake & Bread Selection	Garlic & Herb Chicken, Rice & Mayo	Simpsons Puff Pastry Sausage Roll	Roast Pork	Blow Me Down! Fish Finger Wrap & Cheese
Lunch Option 2	Mild Mixed Bean Chilli & Baked Potato	Creamy Ham & Cheese Pasta	BBQ Chicken Breast	Salmon Quiche	Ship Ahoy! Cheese Potato Boats
Lunch Option 3	Quorn Sausage, Baked Bean & Mash Pie	Macaroni Cheese	Quorn Fishless Fingers	Cheese & Bean Pasty	Man Overboard! Lifebuoy Cheese & Tomato Pizza Bagel
1, 2 & 3 served with	Mixed Vegetables	Mixed Vegetables	Mashed Potato & Baked Beans	Diced Roast Potatoes & Mixed Vegetables	Sallywag Spaghetti Loops & Crudite Platter
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Cheese Baguette	Sliced Ham Baguette
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Tutti Frutti Biscuit	Chocolate Pear Sponge & Chocolate Sauce	Chocolate Oat Bar & Fruit Platter	Lemon Buttercream Sponge Cake	Shiver Me Timbers! Baby Shark Shortbread
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

THE AUTUMN EQUINOX



	Monday 22nd Sept	Tuesday 23rd Sept	Wednesday 24th Sept	Thursday 25th Sept	Friday 26th Sept
Lunch Option 1	Beef Cottage Pie	Mild & Creamy Coconut Chicken Curry & Rice	Beef Lasagne	Cheese & Tomato Pizza Slices & Ketchup	MSC Battered Fish Fillet
Lunch Option 2	Meatballs in Gravy & Mashed Potato	BBQ Chicken Pizza Baguette	Cheese & Ham Potato Shells	Mega Mild Chilli & Rice Enchilada	Cheese & Bacon Flatbread
Lunch Option 3	Quorn Sausage Casserole & Mashed Potato	Cheese & Tomato Pasta Bake	Vegetable Lasagne	Mega Mild Mixed Bean Chilli & Rice	Cheese Flan
1, 2 & 3 served with	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Peas & Sweetcorn	Diced Roast Potatoes, Peas & Ketchup
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Egg Mayo Baguette	Sliced Ham Baguette
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Autumn Spice Butterscotch Cookie	Orange Jelly	Chocolate Cracknel	Apple & Fresh Cream Sponge Cake	Flapjack Finger & Fruit Platter
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



LINCOLNSHIRE DAY

	Monday 29th Sept	Tuesday 30th Sept	Wednesday 1st Oct	Thursday 2nd Oct	Friday 3rd Oct
Lunch Option 1	Macaroni Cheese & Bread Selection	Mega Mild Chilli Mince & Rice	Lincolnshire Sausage	Bolognese Pasta	MSC Breaded Fish Fingers
Lunch Option 2	Creamy Tuna & Sweetcorn Pasta Bake	BBQ Chicken Pasta	Puff Pastry Lincolnshire Sausage Roll	Cheese & Ham Slider	Cheese & Bacon Turnover
Lunch Option 3	Mild Mexican Bean Wrap	Cheese & Tomato Pizza Bagel	Lincolnshire Vegetable Pie	Quorn Bolognese Pasta	Quorn Fishless Fingers
1, 2 & 3 served with	Mixed Vegetables	Mixed Vegetables	Mashed Potato & Mixed Vegetables	Rainbow Salad Platter	Diced Roast Potatoes & Baked Beans
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Chicken Mayo Baguette	Sliced Ham Baguette
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Cocoa Oat Cookie	Banana & Berry Sponge Cake & Custard	Carrot Cake	Chocolate Marble Sponge Cake	Shortbread Finger & Fruit Platter
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

WORLD SPACE WEEK

	Monday 6th Oct	Tuesday 7th Oct	Wednesday 8th Oct	Thursday 9th Oct
Lunch Option 1	Creamy Tomato Pasta & Bread Selection	Roast Chicken	MSC Breaded Fish Fingers	Beef Lasagne
Lunch Option 2	Tuna Melt Pizza Bagel	Cauliflower & Broccoli Cheese Bake	Cheese & Bacon Puff Pastry Whirl	Fish Pie
Lunch Option 3	Quorn Sausage, Baked Bean & Mash Pie	Quorn Mince & Vegetable Casserole	Cheese Puff Pastry Whirl	Stuffed Pepper in Tomato Sauce
1, 2 & 3 served with	Peas, Sweetcorn & Carrots	Steamed Potatoes & Mixed Vegetables	Diced Roast Potatoes, Peas & Ketchup	Mixed Vegetables
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Sliced Turkey Baguette
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Oat Cookie	Toffee & Mandarin Sponge Cake	Ice Cream Sponge Roll	Fruit Sponge & Custard
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Friday 10th Oct
Meateor Pizza Slices
Comet Chicken Burger, Roll & Cheese
Venus Veggie Burger, Roll & Cheese
Big Bang Baked Beans & Cosmic Crudites
Jacket Potato with a selection of fillings
Sliced Ham Baguette
Served with Mixed Salad
Galaxy Marble Sponge Cake
Yeo Valley Organic Yoghurt
Fresh Fruit

	Monday 13th Oct	Tuesday 14th Oct	Wednesday 15th Oct	Thursday 16th Oct	Friday 17th Oct
Lunch Option 1	Cheese & Tomato Pasta Bake & Bread Selection	Mild & Creamy Coconut Chicken Curry & Rice	Breaded Chicken Grill	Roast Pork & Diced Roast Potatoes	Sliced Gammon Ham (served chilled)
Lunch Option 2	Cheese, Bacon & Potato Bake	BBQ Chicken Pizza Baguette	Cheese & Bacon Turnover	Beef Cottage Pie	Cheese & Tomato Quesadilla
Lunch Option 3	Potato, Lentil & Vegetable Curry & Rice	Cheese Filled Potato Shells	Vegetable Puff Pastry Pie	Cheese & Bean Pasty	Quorn Fishless Fingers
1, 2 & 3 served with	Rainbow Salad Platter	Mixed Vegetables	Mashed Potato & Baked Beans	Mixed Vegetables	Potato Wedges, Sweetcorn & Ketchup
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Cheese Baguette	Sliced Ham Baguette
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Tutti Frutti Biscuit	Strawberry Jelly	Apple & Fresh Cream Sponge Cake	Chocolate Cracknel	Flapjack Finger & Melon Slice
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



**BREAST
CANCER
NOW**
The research & support charity

WEAR IT PINK CUPCAKES



	Monday 20th Oct	Tuesday 21st Oct	Wednesday 22nd Oct	Thursday 23rd Oct	Friday 24th Oct
Lunch Option 1	Macaroni Cheese & Bread Selection	Garlic & Herb Chicken, Rice & Mayo	Bolognese Pasta	Lincolnshire Beef Burger, Fresh Bloomsbury Roll & Cheese	MSC Breaded Fish Fingers
Lunch Option 2	Quorn Sausage, Baked Bean & Mash Pie	Creamy Ham & Cheese Pasta	Cheese & Bacon Potato Shells	Cheese & Ham Slider	BBQ Chicken Breast
Lunch Option 3	Mild Mexican Bean Wrap	Cheese & Potato Bake	Vegetable Lasagne	Quorn Patty, Fresh Roll & Cheese	Quorn Dippers
1, 2 & 3 served with	Mixed Vegetables	Peas & Sweetcorn	Mixed Vegetables	Baked Beans & Crudite Platter	Diced Roast Potatoes, Peas & Ketchup
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Egg Mayo Baguette	Sliced Ham Baguette
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Oat Cookie	Chocolate Sponge & Chocolate Sauce	Toffee & Mandarin Sponge Cake	Chocolate Oat Bar & Fruit Platter	Wear It Pink Cupcakes
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit