# Week one



# W/C 29/10, 19/11, 10/12, 07/01, 28/01, 25/02, 18/03

#### Macaroni Cheese (v)

Classic short cut macaroni served in a creamy cheese sauce

#### Mild Potato Chickpea Curry (v)

A delicious vegetarian mild curry served with wholegrain rice

#### Pork Radu

Pork in a tomato sauce served with wholegrain rice

### Creamy Broccoli & Sweetcorn Pasta (v)

Fresh broccoli & sweetcorn in a cheesy sauce with pasta

## Garlic & Herb Roasted Chicken

Roast chicken served with crispy roast potatoes & gravy

# Sweet Potato & Chickpea Roast (v)

Served with crispy roast potatoes & gravy

Organic minced beef in a traditional bolognese Fresh Carrots

# On the Side...

Sweetcorn Roasted Vegetables

#### For Dessert...

On the Side...

For Dessert...

Lemon Short-bread

Flapjack with Fruit Slices

Garden Peas Fresh Carrots

# mash potato and gravy Country Vegetable Pie & Mash (v)

Vegetable Biryani (v)

wholegrain rice

Bangers & Mash

wedges

Tasty fresh vegetables in a white sauce topped with pastry and served with creamy mash & gravy

Organic pork sausages served with creamy

Neek two

Mozzarella & Tomato Pizza (v)

Freshly made pizza served with potato

A mild vegetable biryani served with

W/C 05/11, 26/11, 17/12, 14/01, 04/02, 04/03, 25/03

#### Roast Turkey

Traditionally roasted turkey served with crispy roast potatoes & gravy

#### On the Side... Fresh Broccoli Seasonal Cabbage

On the Side...

Fresh Broccoli &

For Dessert...

Brownie Cake

On the Side...

Baked Beans

Garden Peas &

For Dessert...

Pear and Ginger

Crumble with Ice Cream

Sweetcorn Medleu

Cauliflower Medley

For Dessert... Fresh Cauliflower & Peach & Carrot Cake Broccoli Cheese Bake (v)

# Served with crispy roast potatoes

Chicken & Tomato Lasagne

Vegetarian Tagine (v)

served with wholegrain rice

Fish Fingers with Chips

Fish fingers in golden breadcrumbs

Served in a bun with tomato relish

Quorn Burger with Chips (v)

with a Garlic & Herb Bread Wedge

#### On the Side...

Flapjack

Fresh chicken in a Mexican style sauce served Fresh Cauliflower Roasted Vegetables

For Dessert.

On the Side.

Fresh Carrots

For Dessert...

Oatie Biscuit with

Sweet.com

Fruit Slices

On the Side

Baked Beans

Garden Peas

For Dessert...

On the Side...

Fresh Carrots

For Dessert...

Banana & Apricot

St Clements Sponge Cake

Herbu Roasted Parsnips

Quorn & vegetables in a tomato based sauce Apple & Berry Crumble with Custard

#### On the Side.

Baked Beans Sweetcorn

# For Dessert...

Crunchy Chocolate Biscuit

# Neek three

# W/C 12/11, 03/12, 31/12. 21/01. 11/02. 11/03. 01/04

#### Vegetarian Sausages & Mash (v)

Veggie sausages served with creamy mash potato and gravy

#### Creamy Tomato & Basil Pasta (v)

Wholegrain pasta in a tomato, basil & cheese Sauce

#### Homemade Chicken & Broccoli Pie

Fresh chicken & broccoli in a white sauce, topped with puff pastry & served with herby potatoes

### Chinese Veggie Noodles (v)

Fresh vegetables flavoured with Chinese five-spice and served with noodles

#### Roast, Pork

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

#### Quorn Roast (v)

Sliced roasted Quorn served with crispy roast potatoes & gravy

#### Beef Macaroni Bake

Layers of organic minced beef and pasta in a cheesy sauce with tomato & herb bread wedge Sweetcorn & Roasted

#### Vegetable Korma (v)

A mild vegetarian curry served with wholegrain rice

## Crispy Fish Fillet with Chips

Battered fish served with chips

#### Baked Bean & Cheese Quesadilla with Chips (v)

Baked beans & cheese wrapped in a flour tortilla and oven baked

## On the Side

Garden Peas Roasted Vegetables

KS1 Meals are Free

KS2 Meals are £2.10

#### For Dessert...

Strawberry Ice Cream Pot

### On the Side.

Sweet.com Fresh Carrots

### For Dessert...

Raspberry Ripple Cake

#### On the Side...

Fresh Carrots Seasonal Cabbage

#### For Dessert...

Shortbread Finger with Fruit Slices

#### On the Side..

Fresh Broccoli Red Peppers

## For Dessert...

Chocolate Sponge with Chocolate Sauce

#### On the Side

Garden Peas Baked Beans

#### For Dessert...

Pineapple Upside Down Cake with Custard

# Our chicken and milk are Red

# Tractor approved

vegetables direct from British growers

> ALL OUR BEEF is from THE UK OR IRELAND

# FRESH SALAD

IS AVAILABLE ON A DAILY BASIS

> Special dietary requirements can be catered for. please contact:

specialdiets@compass-group.co.uk

TEL: 01435 865310

**East Sussex** County Council









# **Jacket** Potatoes with various fillings available daily.

# FARM TO FORK

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

# ALL OUR BREAD IS

FRESHLY BAKED EVERY DAY





Beef Bolognese

sauce served on a bed of pasta

Vegetable & Cheese Crumble (v)

crumble with sweet potato wedge

Salmon Fish Fingers with Chips

Quorn Dippers with Chips (v)

Breaded fish fingers

Tasty Quorn dippers

Fresh baked vegetables topped with a cheesy