

## Week one

W/C 04/11, 25/11, 16/12, 20/01, 10/02, 09/03, 30/03

**Mac 'N' Cheese (v)**  
Pasta spirals in a tasty cheesy sauce

**on the side...**  
Garden Peas  
Fresh Carrots

**for dessert...**  
Chocolate Slice

**Chinese Chicken Noodles**  
A classic Chinese chicken noodle dish packed with flavour

**on the side...**  
Sweetcorn  
Mediterranean Vegetables

**Cheese & Tomato Pizza with Potato Wedges (v)**  
Simple but classic!

**for dessert...**  
Orange Drizzle Cake

**Roast Turkey**  
Traditional roast turkey served with crispy roast potatoes & gravy

**on the side...**  
Fresh Carrots  
Seasonal Cabbage

**for dessert...**  
Fruit & Yoghurt Pot

**Quorn Roast (v)**  
Traditional vegetarian roast served with crispy roast potatoes & gravy

**Beef Tortilla Pie with a Rice side**  
Beef mince layered onto tortilla wraps, baked & topped with gooey cheese

**on the side...**  
Fresh Carrots  
Fresh Broccoli & Cauliflower Medley

**Veggie Pizza-Style Hot Dog with Potato Wedges (v)**  
A veggie hot dog covered in a pizza sauce & melted cheese

**for dessert...**  
Apple & Pear Strudel with Custard

**Salmon Fish Fingers with Chips**  
A classic fish finger lunch

**on the side...**  
Baked Beans  
Garden Peas

**Quorn Dippers with Chips (v)**  
A tasty vegetarian alternative

**for dessert...**  
Peach & Chocolate Sponge

East Sussex  
County Council



## Week two

W/C 11/11, 02/12, 06/01, 27/01, 24/02, 16/03

**Spaghetti Bake (v)**  
A twist on the classic, Quorn Bolognese-baked & topped with melted cheese

**on the side...**  
Fresh Carrots  
Garden Peas

**for dessert...**  
Apple & Berry Crumble with Custard

**Chicken Pie with Mashed Potato**  
Chicken & sweetcorn in a creamy sauce topped with shortcrust pastry

**on the side...**  
Roasted Peppers & Sweetcorn  
Fresh Broccoli

**Chinese Veggie Noodles (v)**  
Mixed vegetables & noodles coated in a Chinese 5 spice seasoning

**for dessert...**  
Fruit & Yoghurt Pot

**Honey Roast Gammon**  
Traditional roast dinner served with crispy roast potatoes & gravy

**on the side...**  
Garden Peas  
Fresh Carrots

**for dessert...**  
Me, too Frozen Yoghurt

**Sweet Potato & Chickpea Roast (v)**  
A sweet potato and chickpea roast slice served with crispy roast potatoes & gravy

**BBO Beef Meatballs**  
Delicious Texan inspired BBO beef meatballs in a tomato sauce with pasta spirals

**on the side...**  
Fresh Broccoli  
Cauliflower

**Butternut Squash & Tomato Bake with a Rice side (v)**  
Veggie, tomato baked topped off with golden breadcrumbs

**for dessert...**  
Chocolate Cake with Chocolate Sauce

**Fish Fingers and Chips**  
A classic fish finger lunch

**on the side...**  
Baked Beans  
Sweetcorn

**Caramelised Red Onion & Mozzarella Tart with Chips (v)**  
Delicious night vegetarian tart

**for dessert...**  
Raspberry Yoghurt Cake

## Week three

W/C 18/11, 09/12, 13/01, 03/02, 02/03, 23/03

**BBO Quorn Burger (v)**  
Quorn burger served in a bun with lettuce, tomato slice and BBO sauce

**on the side...**  
Garden Peas  
Fresh Carrots

**for dessert...**  
Fruit & Yoghurt Pot

**Pork Sausages with Mashed Potato & Gravy**  
Simple but classic... sausage and mash

**on the side...**  
Cauliflower  
Roasted Peppers & Sweetcorn

**Vegetable Korma with Rice side (v)**  
A mild vegetable curry with rice

**for dessert...**  
Oatle Biscuit with Fruit Slices

**Roast Chicken**  
Traditional roast chicken served with crispy roast potatoes & gravy

**on the side...**  
Fresh Carrots  
Seasonal Cabbage

**for dessert...**  
Strawberry Frozen Yoghurt

**Vegetable Pastry Slice (v)**  
A tasty mix of vegetables wrapped in puff pastry served with crispy roast potatoes & gravy

**Beef Burger in a Bun with Potato Wedges**  
A juicy beef burger in a soft bun

**on the side...**  
Fresh Broccoli  
Mediterranean Vegetables

**Quorn Spanish Rice (v)**  
Spanish flavoured rice dish with Quorn mince, beans, peppers & tomato

**for dessert...**  
Chocolate & Raspberry Swirl Cake with Custard

**Crispy Fish and Chips**  
Traditional fish & chips dinner

**on the side...**  
Baked Beans  
Garden Peas

**Sweet Potato & Chickpea Burger with Chips (v)**  
Sweet potato & chickpea burger served in a soft bun

**for dessert...**  
Berry Flapjack

KS1 Meals are FREE  
KS2 Meals are £2.05

Our chicken  
and milk  
are Red  
Tractor  
approved



WE  
BUY  
95%  
of our seasonal  
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:

Email:  
specialdiets@compass-group.co.uk  
TEL:  
01435 865310

ALL OUR  
BREAD IS  
FRESHLY BAKED  
EVERY DAY

FAIRTRADE  
All our  
bananas are  
FAIRTRADE



Jacket  
Potatoes with  
various fillings  
available daily.

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