

Week one

W/C 22/04, 13/05, 10/06, 01/07, 22/07, 02/09, 23/09, 14/10

Monday

Tomato & Mozzarella Pizza with Jacket Wedges (v)
Homemade pizza base topped with tomato and herb sauce
Chinese Style Quorn Veggie Rice (v)
Quorn mince, rice and vegetables infused with Chinese 5 Spice

On the Side...
Fresh Broccoli
Fresh Carrots
For Dessert...
Fruit & Yoghurt Pot

Tuesday

Chicken & Potato Bake
Fresh chicken and potatoes served in a cheesy sauce
Vegetable Pasta Bolognese (v)
Fresh vegetables in a traditional bolognese sauce served on a bed of pasta

On the Side...
Sweetcorn
Mediterranean Vegetables
For Dessert...
Brownie Cake

Wednesday

Roast Turkey
Traditionally roasted turkey served with crispy roast potatoes & gravy
Sweet Potato & Chickpea Roast (v)
Sweet potato loaf served with crispy roast potatoes and gravy

On the Side...
Fresh Carrots
Seasonal Cabbage
For Dessert...
Flapjack & Fruit Slices

Thursday

BBQ Beef Meatballs with Pasta
Beef meatballs in BBQ sauce with pasta
Sweetcorn Enchilada Pie with Rice (v)
Sweetcorn and lentils cooked in a tomato sauce layered with tortillas and cheese

On the Side...
Garden Peas
Fresh Broccoli & Cauliflower Medley
For Dessert...
Pear Upside Down Cake & Custard

Friday

Salmon Fish Fingers with Chips
Breaded salmon fish fingers (MSC approved)
Quorn Dippers with chips (v)
Tasty Quorn dippers served with chips

On the Side...
Baked Beans
Sweetcorn
For Dessert...
Strawberry Ice Cream

Week two

W/C 29/04, 20/05, 17/06, 08/07, 09/09, 30/09, 21/10

BBQ Quorn Burger with Jacket Wedges (v)
Quorn burger in a soft bun with BBQ sauce
Vegetable & Chickpea Wrap with Jacket Wedges (v)
Mildly spiced vegetable and chickpea tortilla wrap

On the Side...
Fresh Carrots & Fresh Cucumber Sticks
Garden Peas
For Dessert...
Oatie Biscuit with Fruit Slices

Bangers & Mash
Organic pork sausages served on a bed of creamy mash potato and gravy
Quorn Balls in Tomato sauce with Pasta (v)
Quorn balls marinated in a tomato and herb sauce served with pasta

On the Side...
Roasted Peppers & Sweetcorn
Baked Beans
For Dessert...
Strawberry Swirl Sponge

Roast Chicken Breast
Roasted free range chicken breast served with crispy roast potatoes & gravy
Cauliflower & Creamed Corn Bake (v)
Sweetcorn and cauliflower florets in a creamy cheese sauce

On the Side...
Fresh Carrots
Seasonal Cabbage
For Dessert...
Fruit & Yoghurt Pot

Beef Pasta Bolognese
Organic beef mince in a traditional bolognese sauce served with pasta
Mild Chickpea Curry with Rice (v)
Mildly spiced chickpea and potato curry

On the Side...
Fresh Broccoli
Sweetcorn
For Dessert...
Chocolate Sponge Cake with Chocolate Sauce

Crispy Fish and Chips
Traditional crispy battered fish fillet (MSC approved)
Veggie Quorn Hotdog with Chips (v)
Quorn frankfurter served in a soft hot dog roll

On the Side...
Baked Beans
Garden Peas
For Dessert...
Apple & Carrot Slice

Week three

W/C 06/05, 03/06, 24/06, 15/07, 16/09, 07/10

Mac 'N' Cheese (v)
Traditional macaroni served in a mild cheesy sauce
Vegetarian Quorn Paella (v)
Spanish style Quorn mince mixed with rice and vegetables

On the Side...
Fresh Broccoli
Fresh Carrots
For Dessert...
Fruit & Yoghurt Pot

Beef Lasagne with Garlic & Herb Bread Wedge
Organic mince beef layered with pasta sheets and creamy sauce topped with cheese
Vegetable Biryani (v)
Mildly spiced vegetable medley mixed with long grain rice

On the Side...
Sweetcorn
Mediterranean Vegetables
For Dessert...
Lemon Drizzle Cake

Roast Pork
Farm Assured roasted pork served with a glazed apple ring served with crispy roast potatoes & gravy
Quorn Roast (v)
Sliced roasted Quorn served with crispy roast potatoes & gravy

On the Side...
Fresh Carrots
Seasonal Cabbage
For Dessert...
Blueberry Frozen Yoghurt

Chinese Chicken Rice
Chinese-style Chicken combo with rice and peas
Creamy Pesto Pasta (v)
A creamy sauce mixed with pasta and nut free pesto

On the Side...
Fresh Broccoli & Cauliflower Medley
Sweetcorn
For Dessert...
Apple & Berry Crumble with Custard

Fish Fingers with Chips
Golden breaded fish fingers (MSC approved)
Sweet Potato & Chickpea Burger with Chips (v)
Sweet potato & chickpea burger served in a soft bun

On the Side...
Baked Beans
Garden Peas
For Dessert...
Strawberry Jelly with Fruit Slices

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**

East Sussex
County Council



WE SUPPORT **82** BRITISH DAIRY FARMS



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



All our bananas are FAIRTRADE

