

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

Winter Vegetable Hotpot

Vegetable Biryani (Wholegrain & White) served with Apple & Mint Chutney

Macaroni Cheese
Wheat, Milk
with a Chef's Salad

Carrots / Green Beans

Steamed Chocolate Sponge
Wheat, Egg, Milk
served with Chocolate Sauce
Milk

Taco Tuesday (Soft Taco)
Wheat
served with Smokey BBQ Style Beef
Sulphites
or Chilli Beans & Rice

Salad Bar Style Toppings

Jacket Potato with Baked Beans & Cheese
Milk

Sweetcorn / Zesty Coleslaw Milk, Egg, Mustard

Lemon Shortbread served with Orange Wedges
Wheat
or Cinnamon & Chocolate Gram Flour Shortbread served with Orange Wedges

Sweet Potato & Bean Turnover served with Oven Baked Potato Wedges

Chicken Sausage Roll with Gravy
Wheat, Sulphites
with New Potatoes

Chickpea & Herb No Meatballs in an Italian Style Tomato Sauce served with Pasta
Wheat

Peas / Baked Beans

Jelly with Fresh Fruit Wedges

Sweetcorn & Pepper Pizza / Margherita Pizza
Wheat, Milk

with Mixed Leaf Salad & Pasta Spirals
Wheat

Beef Cottage Pie

Pasta Arrabbiata with Spinach
Wheat
served with Tomato & Basil Style Focaccia
Wheat, Egg, Milk, Soybeans

Swede / Peas

Apple Flapjack
Wheat
served with Custard
Milk

Spanish Style Omelette
Egg, Milk
Served with Chips

Battered Fish
Fish, Wheat
served with Tomato Sauce & Chips

Jacket Potato with Cheese & Coleslaw
Egg, Milk, Mustard

Baked Courgettes / Baked Beans

Orange Traybake
Wheat, Egg, Milk

WEEK TWO

Indian Style Chickpea & Potato Style Wrap Wheat
served with Tomato & Coriander Chutney

Jacket Potato with Baked Beans & Cheese
Milk

Tomato & Basil Pasta
Wheat
served with a Rainbow Ribbon Salad

Butternut Squash / Broccoli

Forest Fruit Flapjack
Wheat

Cheese & Leek Puff Pastry Pinwheel
Wheat, Milk
served with New Potatoes

Piri Piri Style Chicken served with Rice

Jacket Potato with Tuna Mayonnaise
Egg, Milk, Fish, Mustard

Carrot / Peas

Red Velvet Sponge
Wheat, Egg, Milk
Custard
Milk

Sweet Potato & Bean Pattie with Oven Baked Wedges served with a Roll
Wheat

'Build Your Own' Beefburger served in a Roll
Celery, Wheat, Sulphites
with Seasoned Oven Baked Wedges

Salad Bar Style Toppings

Pesto Style Pasta
Wheat

Sweetcorn / Winter Coleslaw
Egg, Milk, Mustard

Ice Cream
Milk
with Apple Compote

Potato & Vegetable Rosti served with Roasted Vegetables in a Lemon & Herb Dressing

Beef Bolognese or Vegetable Bolognese served with Penne Pasta
Wheat
or Rice
& Garlic & Herb Style Focaccia
Wheat, Egg, Milk, Soybeans

Baked Courgettes & Tomatoes / Green Beans

Wholemeal Carrot Cake
Wheat, Egg
served with Custard
Milk

Courgette & Carrot Pakora served with Kachumber Salad & Chips

Battered Fish
Wheat, Fish
served with Tomato Sauce & Chips

Jacket Potato with Cheese & Spring Onion
Milk

Baked Beans / Peas

Chocolate Shortbread
Wheat
with Orange Wedges
or Lemon Gram Flour Shortbread with Orange Wedges

WEEK THREE

Pizza Margherita
Wheat, Milk
with Garlic & Herb Pasta Side

Sweet Chilli Stir Fry served with Rice

Jacket Potato with Vegetable Balti

Sweetcorn / Roasted Root Vegetables

Berry Swirl Sponge
Wheat, Egg, Milk
with Custard
Milk

Sweet Potato Stir with Rice

Minced Beef & Vegetable Pie
Wheat
served with New Potatoes

Italian Style Tomato & Herb Pasta
Wheat

Savoy Cabbage / Carrots
Wheat, Milk

Orange Shortbread
Wheat
served with Orange Wedges
or Chocolate Gram Flour Shortbread served with Orange Wedges

Carrot & Leek Sausages
Wheat
with a Smokey BBQ Style Relish & Oven Baked Wedges

Chicken Sausage Roll with a Smokey BBQ Style Relish & Oven Baked Potato Wedges
Wheat, Sulphites

Jacket Potato with Baked Beans & Cheese
Milk

Oven Baked Courgettes / Baked Beans

Marbled Sponge
Wheat, Egg, Milk
with Chocolate Sauce
Milk

Butternut & Chickpea Korma served with Rice

Beef, Tomato & Herb Pasta with Cheese Crumb Topping
Wheat, Milk

Salmon and Lemon Pasta
Wheat, Fish, Milk

Green Beans/ Carrots

Jelly with Peaches

Oven Baked Falafel served with Red Onion Chutney & Chips

Battered Fish
Wheat, Fish
served with Tomato Sauce & Chips

Jacket Potato with BBQ Style Beans & Veggie Balls
Sulphites

Peas / Baked Beans

Lemon Traybake
Wheat, Egg, Milk

Menu Items Available Daily: Salad Selection • Homemade Bread • Fresh Fruit • Yoghurt

w/c 2nd Sep, 23rd Sep, 14th Oct, 11th Nov, 2nd Dec, 6th Jan, 27th Jan

w/c 9th Sep, 30th Sep, 28th Oct, 18th Nov, 9th Dec, 13th Jan, 03rd Feb

w/c 16th Sep, 7th Oct, 4th Nov, 25th Nov, 16th Dec, 20th Jan, 10th Feb

School

About Your Catering Service

We are delighted to be working in partnership with Pegasus Academy Trust.

Founded in 1994, we are an award-winning company with a vision to encourage children to explore new tastes and make healthier food choices through their formative years, which will positively influence them for life.

What's on the Menu

Our approach, wherever possible, is to use quality, sustainably-sourced, seasonal fresh food, including ingredients, such as British free-range eggs and British sourced fresh meat and poultry.

Our menus are created with local tastes, preferences in mind and offer a range of popular, delicious, full of flavour dishes to encourage balanced meal choices and we follow the school food standards.

We will introduce further interest and excitement to our menus with organised additional food experiences, pop-ups, themed events with links to the school's curriculum, cultural and celebration dates, aimed at creating a fun, engaging and enjoyable dining experience.

Allergen Information

We recognise that some children may have an allergen or intolerance to one of the 14 common food allergens. We have robust processes in place to assist the school in managing. For more information, please contact our Catering Manager.

Talented Catering Team

The Hamson catering team are dedicated to providing a great catering service and receive training to complete their roles successfully including how to prepare and serve healthier food through the company's bespoke Eat Well Live Well[®] training programme.

Universal Infant Free School Meals (UIFSM)

All children in reception, year 1 or year 2 are automatically entitled to free school meals under the Universal Infant Free School Meals scheme, irrespective of income.

Mayor of London - Free School Meal Funding 2023/24

Under the scheme introduced by The Mayor of London, Sadiq Khan, for the 2023/24