



Houghton

AVAILABLE EVERY DAY

- Seasonable vegetables
- Selection of fresh salad
 - Pasta and sauce
- Jacket potato and fillings

LUNCHTIME COTM

WEEK ONE MENU

WEEKS COMMENCING:
 • 3RD SEP • 24TH SEP • 15TH OCT

NUTRITIONALLY PACKED

All our menus are nutritionally analysed to ensure they meet and exceed The School Food Plan.

WE BUY LOCAL

We use local suppliers because we only use food we can trust which is of a high standard, properly produced, fresh and good value.

	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Garlic & herb ciabatta	Home baked wholemeal bread	Herbed focaccia	Rosemary wholemeal bread	Herbed ciabatta
Main Choice 1	Pasta beef bolognese	Pork sausage with new potatoes	BBQ chicken thigh served with roasted pepper rice	Roast turkey & roast potatoes	Breaded fish served with oven baked chips & baked beans
Main Choice 2	Vegetable and cheese fajitas	Quorn sausages served with new potatoes	Vegetable stir fry with noodles	Roasted vegetable & quorn quesadillas	Vegetable carbonara & pasta
Desserts	Pancake with butterscotch sauce Sliced fresh fruit, natural yoghurt, cheese & biscuits	Fruit flap jack Sliced fresh fruit, natural yoghurt, cheese & biscuits	Vanilla cookies Sliced fresh fruit, natural yoghurt, cheese & biscuits	Fudge tart Sliced fresh fruit, natural yoghurt, cheese & biscuits	Fruit jelly Sliced fresh fruit, natural yoghurt, cheese & biscuits

Our mission is to make your lunchtime meal the highlight of your day

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited • All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

SOME OF OUR FOOD MAY CONTAIN ALLERGENS, PLEASE ASK OUR CHEF FOR ADVICE





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AVAILABLE EVERY DAY

- Seasonable vegetables
- Selection of fresh salad
 - Pasta and sauce
- Jacket potato and fillings

LUNCHTIME COTM

WEEK TWO MENU

WEEKS COMMENCING:
• 10TH SEP • 1ST OCT

NUTRITIONALLY PACKED

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WE BUY LOCAL

We use local suppliers because we only use food we can trust which is of a high standard, properly produced, fresh and good value.

	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Garlic & herb focaccia	Home baked wholemeal bread	Home baked ciabatta	Rosemary wholemeal bread	Home baked focaccia
Main Choice 1	Beef chilli with rice	Herby chicken served with new potatoes	Meatballs in tomato & basil sauce served with pasta	Roasted Norfolk chicken with stuffing & roasted potatoes	Fish & Chips with garden peas
Main Choice 2	Cheese & tomato pizza	Quorn bolognese pasta bake	Roasted vegetable paella	Vegetable lasagne served with garlic bread	Cheese & tomato quiche served with chips & garden peas
Desserts	Apple crumble served with custard Sliced fresh fruit, natural yoghurt, cheese & biscuits	Shortbread cookie Sliced fresh fruit, natural yoghurt, cheese & biscuits	Lemon drizzle cake Sliced fresh fruit, natural yoghurt, cheese & biscuits	Mixed fruit cheesecake Sliced fresh fruit, natural yoghurt, cheese & biscuits	Ice cream & sauces Sliced fresh fruit, natural yoghurt, cheese & biscuits

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LUNCHTIME COTM

WEEK THREE MENU

WEEKS COMMENCING:
• 17TH SEP • 8TH OCT

NUTRITIONALLY PACKED

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WE BUY LOCAL

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	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Garlic & herb focaccia	Home baked wholemeal bread	Home baked ciabatta	Poppy seed wholemeal bread	Home baked focaccia
Main Choice 1	Beef lasagne	Chicken curry served with rice	Burger in a bun with baked potato wedges	Roasted pork & apple sauce served with roast potatoes	Fish fingers with oven baked chips and baked beans
Main Choice 2	Tuna and sweetcorn pasta bake	Macaroni cheese	Vegetable frittata served with Lyonnaise potatoes	Bean burger served with roast potatoes	Roasted pepper & pasta bake
Desserts	Carrot & orange muffin Sliced fresh fruit, natural yoghurt, cheese & biscuits	Ginger bread cookie Sliced fresh fruit, natural yoghurt, cheese & biscuits	Fruit trifle Sliced fresh fruit, natural yoghurt, cheese & biscuits	Caramel apple betty Sliced fresh fruit, natural yoghurt, cheese & biscuits	Chocolate brownie Sliced fresh fruit, natural yoghurt, cheese & biscuits

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