

THE VINEYARD SCHOOL

Summer 2019



WEEK 1

22/04, 13/05, 10/06,
01/07, 22/07

Option 1

Monday. Chicken and Sweetcorn Pie served with New Potatoes	Tuesday. Traditional Organic Beef Lasagne	Wednesday. Roast Free Range Chicken Thigh served with Roast Potatoes, Stuffing and Gravy	Thursday. Pork Sausage served with Mashed Potato and Gravy	Friday. Lemon Battered Fish or Grilled Fish Fillet served with Chips
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Option 2 V Vegetarian

Macaroni Cheese	Lentil Dahl served with Steamed Rice	Roast Quorn served with Roast Potatoes, Stuffing and Gravy	Vegetarian Sausage served with Mashed Potato and Gravy	Chimichanga served with Chips
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Option 3

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
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Vegetables

Cauliflower Green Beans	Carrots Garden Peas	Green Beans Steamed Cabbage	Sweetcorn Carrots	Garden Peas Baked Beans
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Dessert

Chocolate Rice Krispie Cake	Fresh Fruit or Yoghurt	Apple Sponge with Custard	Fresh Fruit or Yoghurt	Vanilla Ice Cream
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WEEK 2

29/04, 20/05,
17/06, 08/07

Option 1

Monday. Pepperoni Pizza served with Herby Diced Potatoes	Tuesday. Organic Beef Pasta Bolognaise	Wednesday. Roast Pork served with Apple Sauce, Roast Potatoes and Gravy	Thursday. Free Range Chicken Korma served with Steamed Rice	Friday. Fish Fingers served with Chips
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Option 2 V Vegetarian

Cheese and Tomato Pizza served with Herby Diced Potatoes	Spanish Omelette served with New Potatoes	Sweet Potato and Lentil Wellington served with Roast Potatoes	Traditional Vegetarian Lasagne	Vegetable Nuggets served with Chips
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Option 3

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
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Vegetables

Garden Peas Baked Beans	Broccoli Sweetcorn	Carrots Cauliflower	Green Beans Carrots	Garden Peas Baked Beans
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Dessert

Fresh Fruit or Yoghurt	Chocolate Orange Sponge with Custard	Berry Cheesecake	Fresh Fruit or Yoghurt	Frozen Strawberry Mousse
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WEEK 3

06/05, 03/06,
24/06, 15/07

Option 1

Monday. Organic Beef Tacos served with Potato Wedges	Tuesday. American Style Hot Dog	Wednesday. Roast Turkey served with Roast Potatoes, Stuffing and Gravy	Thursday. Honey and Ginger Free Range Chicken Noodles	Friday. Battered Fish or Grilled Fish Fillet served with Chips
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Option 2 V Vegetarian

Vegetarian Tacos served with Potato Wedges	Vegetarian Sausage Hot Dog	Roast Quorn served with Roast Potatoes, Stuffing and Gravy	Vegetarian Pasta Bolognaise	Vegetable Pattie served with Chips
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Option 3

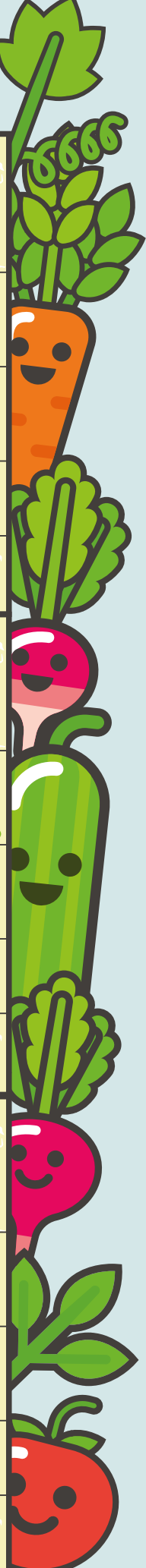
Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
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Vegetables

Sweetcorn Cauliflower	Garden Peas Carrots	Carrots Green Beans	Broccoli Sweetcorn	Garden Peas Baked Beans
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Dessert

Apple and Berry Crumble with Ice Cream	Fresh Fruit or Yoghurt	Mandarins and Orange Jelly	Fresh Fruit or Yoghurt	Gluten Free Chocolate Brownie
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Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily

THIS MENU SUPPORTS:



We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.