

THE VINEYARD SCHOOL

Autumn / Winter 2019



WEEK 1

02/09, 23/09, 14/10,
11/11, 02/12

Option 1

Monday.
Organic Beef Meatballs served in a Homemade Tomato Sauce with Spaghetti

Tuesday.
Free Range Chicken and Sweetcorn Pizza served with Spaghetti Hoops

Wednesday.
Roast Chicken served with Stuffing, Roast Potatoes and Gravy

Thursday.
Lamb Keema served with Steamed Rice

Friday.
Gluten Free Battered Fish or Grilled Fish served with Chips

Option 2 V Vegetarian

Vegetable and Chick Pea Biryani V

Cheese and Tomato Pizza served with Spaghetti Hoops V

Vegetarian Cottage Pie V

Macaroni Cheese V

Roasted Vegetable Tart served with Chips V

Option 3

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

Tomato and Basil Pasta

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

Spicy Tomato Pasta

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

Vegetables

Carrots
Green Beans

Mixed Salad
Garden Peas

Sautéed Cabbage and Leeks
Carrots

Green Beans
Sweetcorn

Baked Beans
Garden Peas

Dessert

Apple Strudel with Custard

Fresh Fruit or Yoghurt

Strawberry Jelly

Fresh Fruit or Yoghurt

Fruit Slushy

WEEK 2

09/09, 30/09, 21/10,
18/11, 09/12

Option 1

Monday.
Free Range Chicken and Pesto Pasta

Tuesday.
Organic Minced Beef and Onion Pie served with New Potatoes

Wednesday.
Roast Pork served with Stuffing, Roast Potatoes and Gravy

Thursday.
Sweet & Sour Chicken served with Steamed Rice

Friday.
Fish Fingers, Salmon Fish Fingers or Grilled Fish served with Chips

Option 2 V Vegetarian

Vegetable and Chick Pea Tagine served with Cous Cous V

Broccoli and Cauliflower Cheese Bake served with New Potatoes V

Cheese and Onion Pasty served with Roast Potatoes V

Mixed Bean Burrito V

Vegetable Nuggets served with Chips V

Option 3

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

Roasted Vegetable Pasta

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

Tomato and Basil Pasta

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

Vegetables

Carrots
Garden Peas

Green Beans
Sweetcorn

Carrots
Cabbage

Green Beans
Carrots

Baked Beans
Garden Peas

Dessert

Syrup Sponge served with Custard

Fresh Fruit or Yoghurt

Ice Cream

Fresh Fruit or Yoghurt

Fruit Slushy

WEEK 3

16/09, 07/10, 04/11,
25/11, 16/12

Option 1

Monday.
Free Range Tandoori Chicken served with Steamed Rice

Tuesday.
Traditional Beef Lasagne served with Garlic Bread

Wednesday.
Pork Sausage served with Mashed Potato and Gravy

Thursday.
Organic Beef Chilli Con Carne served with Steamed Rice

Friday.
Gluten Free Battered Fish or Grilled Fish served with Chips

Option 2 V Vegetarian

Neapolitan Bean Pasta Bake V

Sweet Potato and Chick Pea Curry served with Steamed Rice V

Vegetarian Sausage served with Mashed Potato and Gravy V

Cheesy Vegetable Loaded Potato Skins V

Cheese Tomato and Pesto Puff served with Chips V

Option 3

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

Tomato and Basil Pasta

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

Cheesy Tomato Pasta

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

Vegetables

Sweetcorn
Carrots

Cauliflower and Broccoli
Garden Peas

Carrots
Green Beans

Garden Peas
Carrots

Baked Beans
Garden Peas

Dessert

Fresh Fruit or Yoghurt

Fresh Fruit or Yoghurt

Fruit Crumble with Custard

Flapjack

Fruit Slushy



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.

