

THE VINEYARD SCHOOL

Spring / Summer 2020



WEEK 1

06/01, 27/01,
24/02, 16/03

Option 1

Monday.
Roasted Vegetable
Quiche served
with New Potatoes

Tuesday.
Hawaiian Pizza served
with Potato Wedges

Wednesday.
Organic Beef Burger

Thursday.
Free Range Jerk
Chicken served with
Steamed Rice

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

Option 2

Vegetarian

Vegetarian Pasta
Bolognese

Cheese and Tomato
Pizza served with
Potato Wedges

Bean Burger

Three Bean Chilli Con
Carne served with
Steamed Rice

Vegetable Nuggets
served with Chips

Option 3

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

Tomato and Basil Pasta

Jacket Potato with
Grated Cheese

Cheesy Tomato Pasta

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

Vegetables

Carrots
Garden Peas

Broccoli
Sweetcorn

Carrots
Cabbage

Green Beans
Carrots

Baked Beans
Garden Peas

Dessert

Fresh Fruit or Yoghurt

Pineapple Upside Down
Cake with Custard

Fruit Salad

Apple and Cinnamon
Whirl

Fruit Slushy

WEEK 2

13/01, 3/02,
02/03, 23/03

Option 1

Vegetable and Chick
Pea Wrap

Toad in the Hole
served with Mashed
Potato and Gravy

Organic Minced Beef
Hot Pot

Free Range Chicken
and Tomato Pasta
Bake

Gluten Free Battered
Fish or Grilled Fish
served with Chips

Option 2

Vegetarian

Macaroni Cheese

Vegetarian Toad in
the Hole served with
Mashed Potato and
Gravy

Roasted Vegetable
and Bean Gratin
served with New
Potatoes

Vegetable Stir Fry
served
with Steamed Rice

Cheese and
Tomato Wheel
served with Chips

Option 3

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

Jacket Potato with
Grated Cheese

Spicy Tomato Pasta

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

Tomato and Basil
Pasta

Vegetables

Sweetcorn
Carrots

Cauliflower and
Broccoli
Garden Peas

Carrots
Green Beans

Garden Peas
Carrots

Baked Beans
Garden Peas

Dessert

Apple Crumble with
Custard

Fruit Salad

Cherry Shortbread

Fresh Fruit or Yoghurt

Fruit Slushy

WEEK 3

20/01, 10/02,
09/03, 30/03

Option 1

Vegetarian Cottage Pie

Organic Beef
Bolognese Pasta Bake

Roast Gammon served
with Roast Potatoes
and Gravy

Free Range Chicken
Tikka Masala served
with Steamed Rice

Fish Fingers or Grilled
Fish served with Chips

Option 2

Vegetarian

Winter Vegetable
Frittata served
with New Potatoes

Vegetable Lasagne

Roast Quorn served
with Roast Potatoes
and Gravy

Spinach, Potato and
Chick Pea Curry served
with Steamed Rice

Cheese and Onion
Pasty served with
Chips

Option 3

Tomato and Basil Pasta

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

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

Pesto Pasta

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

Vegetables

Sweetcorn
Green Beans

Carrots
Garden Peas

Sautéed
Cabbage and Leek
Carrots

Green Beans
Sweetcorn

Baked Beans
Garden Peas

Dessert

Fresh Fruit or Yoghurt

Jam Tart with Custard

Mandarin Jelly

Fruit Salad

Fruit Slushy

LOOK FOR THE SUGAR SHERIFF
THESE MEALS ARE
COMPLETELY FREE
FROM ADDED SUGAR!



Freshly Baked Bread, Salad Bar, Yoghurt
and Fresh Fruit are available daily

THIS MENU SUPPORTS:



radish
IT'S ALL GOOD

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.