



The Brakenhale School



WEEK COMMENCING :- 4 SEPT, 25 SEPT, 16 OCT

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot main meal option	British Farm Assured Lasagne	British Farm Assured Chicken Balti	British Farm Assured Honey Roast Gammon	British Farm Assured Beef burger in a Bun	MSC (Marine Stewardship Council) Battered Fish
Hot vegetarian meal option	Roast Tomato Frittata	Vegetable Balti	Vegetable Chilli Beans	Veggie Burger	Veggie Pizza
Carbohydrate option	New Potatoes	Rice Naan Bread	Roast Potatoes Rice	Baked Potatoes Wedges	Baked Chips
Vegetables options	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas, Baked Beans
Hot Pudding	Sticky Toffee Apple Sponge served with custard	Belgium Waffles served with chocolate custard	Mixed Fruit Crumble served with custard	Chocolate Tart served with fresh cream	Drop Pancakes served with maple syrup

We have available every day

- Yogurt bar for breakfast
- Salad bar where you build your own salad
- Homemade bread

We use locally sourced ingredients when available and in season

All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards



The Brakenhale School



WEEK COMMENCING :- 11 SEPT, 2 OCT

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot main meal option	British Farm Assured Cumberland Sausages	British Farm Assured Chicken Korma	British Farm Assured Roast Chicken Breast	British Farm Assured Beef Chilli Con Carne	MSC (Marine Stewardship Council) Battered Fish
Hot vegetarian meal option	Spinach and Cheese Cannelloni	Veggie Curry	Roasted Vegetables Tart	Vegetable Fajita	Cheese Omelette
Carbohydrate option	Rice Garlic Bread	Naan Bread	Roast Potatoes	Mashed Potatoes	Baked chips
Vegetables options	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked beans	Peas, Baked Beans
Hot Pudding	Apple Crumble served with custard	Chocolate and Banana Sponge	Raspberry and Coconut Crumble	Carrot Cake and Custard	Baked Mixed Fruit Pie served with fresh cream

We have available every day

- Yogurt bar for breakfast
- Salad bar where you build your own salad
- Homemade bread

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WEEK COMMENCING :- 18 SEPT, 9 OCT

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot main meal option	British Farm Assured Bolognese	British Farm assured Chicken Tikka	British Farm assured Roast Beef	British Farm assured Chicken Burger	MSC (Marine Stewardship Council) Baked Fish
Hot vegetarian meal option	Veggie Bolognese	Veggie Curry	Spring Vegetables Stir fry	Cheese and Tomato Omelette	Veggie Pizza
Carbohydrate option	Spaghetti Pasta	Rice	Roast Potatoes Noodles	Wedges	Baked chips
Vegetables options	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Sweet Corn or Salad	Peas, Baked Beans or Salad
Hot Pudding	Cherry Bakewell Tart	Apple and Pear Crumble served with custard	Bread and Butter Pudding	Strawberry Flan	Double Chocolate Muffin

We have available every day

- Yogurt bar for breakfast
- Salad bar where you build your own salad
- Homemade bread

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