



The Brakenhale School



WEEK COMMENCING : 3 Sept, 24 Sept, 15 Oct,

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Meal	Southern Fried Chicken Burger	British Farm Assured Chicken Korma Curry	British Farm Assured Honey Roast Gammon	British Farm Assured Beef Bolognaise	Battered Fish/ Cumberland Sausages/Chicken Nuggets
Hot Vegetarian Meal	Vegetarian Burger	Vegetable Korma	Tuna Pasta Bake	Vegetable Stir Fry Spring Rolls	Veggie Pizza
Carbohydrate	Herby Diced Potatoes	Lemon Rice Naan Bread	Roast Potatoes	Spaghetti Penne	Chips
Vegetables	Salads	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Garden Peas Baked Beans
Hot Pudding	Cherry and Coconut Cake	Lemon Cake Custard	Sultana Muffins Custard	Eve's Budding Vanilla Custard	Banana Cake Custard

We have available every day

- 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 : 10 Sept, 1 Oct, 29 Oct

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Meal	British Farm Assured Cumberland Sausage	British Farm Assured Butter Chicken Curry	British Farm Assured Honey Roast Gammon	British Farm Assured Beef Chilli Con Carne	MSC (Marine Stewardship Council) Battered Fish/ Cumberland Sausages/Chicken Nuggets
Hot Vegetarian Meal	Macaroni Cheese Garlic Bread	Vegetable Biryani	Chilli Beans Casserole	Mexican Veggie Burrito	Cheese Omelette
Carbohydrate	Creamy Mashed Potato	Naan Bread Lemon Rice	Roast Potatoes	Rice	Chips
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas, Baked Beans or Salad
Hot Pudding	Chocolate and Banana Cake	Orange Cake Custard	Drop Pancakes served with Maple Syrup	Carrot Cake and Custard	Fruit jelly

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- Homemade bread

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WEEK COMMENCING : 17 Sept, 8 Oct, 5 Nov

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Meal	British Farm Assured Sweet Chilli Chicken	British Farm Assured Chicken Tikka Curry	British Farm Assured Roast Chicken	British Farm Assured Pork Meat Balls & Rich Tomato Sauce	MSC (Marine Stewardship Council) Battered Fish/ Cumberland Sausages/Chicken Nuggets
Hot Vegetarian Meal	Vegetable Samosa Sweet Chilli sauce	Chickpea and Lentil Curry	Vegetarian Risotto	Spinach & Ricotta Cannelloni	Veggie Pizza
Carbohydrate	Egg Noodles	Rice Naan Bread	Roast Potatoes	Penne Pasta Garlic Bread	Chips
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Roasted Seasonal Vegetables	Seasonal Vegetables	Peas, Baked Beans or Salad
Hot Pudding	Syrup Sponge and Custard	Chocolate Fudge Cake and Custard	Apple and Cinnamon Slice	Strawberry Jam Sponge	Double Chocolate Muffin

We have available every day

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- Homemade bread

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