



W/c 7th September

W/c 14th Sept

W/c 21st Sept

	Mon	Tues	Wed	Thur	Fri
Option 1	Pasta in a Creamy Tomato Sauce (optional grated cheese) & Garlic Bread	Mild & Creamy Coconut Chicken Curry & Rice	MSC Battered Fish Fillet & Mashed Potato	Roast Chicken & Diced Roast Potatoes	The Twits' Wormy Spaghetti Bolognese (Quorn option available for no meat/pork requirements)
Option 2	Quorn Sausage, Baked Bean & Cheesy Mash Pie	Cheese Filled Potato Shells	Roasted Vegetable Quiche & Mashed Potato	Vegetable Lasagne	Fantastic Mr Fox BBQ Chicken Pizza Baguette
Option 3	Lincolnshire Jacket Potatoes & Toppings				
Option 4	Filled Sandwich, Baguette or Bagel Selection				
	Daily selection of Vegetables and Salad Bar Selection				
Option 5	Grab & Go Lunch - see page 4 for weekly rotation				
Dessert (D)	Ice Cream or Frozen Yoghurt Selection & Apple Slices	Oat Cookie	Toffee Apple Sponge Cake & Custard	Jelly & Optional Cream	Willy Wonka's Scrumdiddly-umptious Chocolate Cupcake
Yoghurt (Y)	Selection of Yeo Valley Organic Yoghurts				
Fruit (F)	Selection of Fresh Fruit or Fruit Salad				

	Mon	Tues	Wed	Thur	Fri
Option 1	Cheese & Tomato Pizza Slices & Ketchup	Beef Lasagne	Roast Beef & Mashed Potato	Breaded Chicken Grill & Diced Roast Potatoes	Captain Jack Sparrows' MSC Fish Fingers & Potato Wedges
Option 2	Mild Mexican Bean Wrap	Quorn Sausage Burger, Fresh Roll, 1/2 Jacket & Ketchup	Cheese & Bean Pasty & Mashed Potato	Breaded Vegetable Fingers & Diced Roast Potatoes	Man Overboard! Lifebuoy Cheese & Tomato Pizza Bagel & Potato Wedges
Option 3	Lincolnshire Jacket Potatoes & Toppings				
Option 4	Filled Sandwich, Baguette or Bagel Selection				
	Daily selection of Vegetables and Salad Bar Selection				
Option 5	Grab & Go Lunch - see page 4 for weekly rotation				
Dessert (D)	Pancake with Banana & Strawberry Sauce	Mango & Vanilla Sponge Cake	Butterscotch Cookie	Chocolate Pear Sponge & Chocolate Sauce	Shiver Me Timbers! Baby Shark Shortbread
Yoghurt (Y)	Selection of Yeo Valley Organic Yoghurts				
Fruit (F)	Selection of Fresh Fruit or Fruit Salad				

	Mon	Tues	Wed	Thur	Fri
Option 1	Macaroni Cheese & Bread Selection	Chicken Breast with optional BBQ Sauce & Savoury Chicken Rice	Autumn Equinox Beef Cottage Pie	Brunch Lunch - Pork Chipolata, Bacon & Hash Brown	MSC Breaded Fish Fingers & Oven Chips
Option 2	BBQ Chicken Pizza Baguette	Cheese & Ham Potato Shells (meat free available for vegetarian requirements)	Harvest Vegetable Pie & Mashed Potato	Veggie Brunch Lunch - Quorn Sausage, Egg Muffin & Hash Brown	Breaded Quorn Dippers & Oven Chips
Option 3	Lincolnshire Jacket Potatoes & Toppings				
Option 4	Filled Sandwich, Baguette or Bagel Selection				
	Daily selection of Vegetables and Salad Bar Selection				
Option 5	Grab & Go Lunch - see page 4 for weekly rotation				
Dessert (D)	Chocolate Cracknel	Tutti Frutti Muffin & Apple Slices	Carrot Sponge Cake & Custard	Marble Sponge Cake with Buttercream	Flapjack Finger & Fruity Friday Fruit Platter
Yoghurt (Y)	Selection of Yeo Valley Organic Yoghurts				
Fruit (F)	Selection of Fresh Fruit or Fruit Salad				



Order online at www.schoolmealsonline.com. Orders must be placed by 9.00am each Tuesday for the following week's meals.

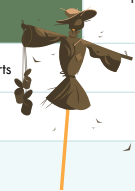
All allergen information is available during the ordering process.

We can cater for most special diets - please contact us to discuss further enquiries@idealschoolmeals.co.uk

W/c 28th Sept

LINCOLNSHIRE
DAY

	Mon	Tues	Wed	Thur	Fri
Option 1	Pasta in a Creamy Tomato Sauce (optional grated cheese) & Garlic Bread	Roast Chicken & Mashed Potato	Beef Bolognese Pasta	Lincolnshire Day Sausage Hot Dog & Lincolnshire Baked Potato Wedges (Quorn option available for no meat/pork requirements)	MSC Breaded Fish Fingers & Diced Roast Potatoes
Option 2	Quorn Sausage, Baked Bean & Cheesy Mash Pie	Cheese Filled Potato Shells	Roasted Vegetable Quiche & Mashed Potato	Farmhouse Ham & Cheese Puff Pastry Pocket	Quorn Fishless Fingers & Diced Roast Potatoes
Option 3	Lincolnshire Jacket Potatoes & Toppings				
Option 4	Filled Sandwich, Baguette or Bagel Selection				
	Daily selection of Vegetables and Salad Bar Selection				
Option 5	Grab & Go Lunch - see page 4 for weekly rotation				
Dessert (D)	Ice Cream or Frozen Yoghurt Selection & Apple Slices	Cocoa Oat Cookie	Jelly & Optional Cream	Lincolnshire Yellowbelly Lemon Cupcake	Shortbread Finger & Fruity Friday Fruit Platter
Yoghurt (Y)	Selection of Yeo Valley Organic Yoghurts				
Fruit (F)	Selection of Fresh Fruit or Fruit Salad				



W/c 5th Oct

WORLD
SPACE
WEEK

	Mon	Tues	Wed	Thur	Fri
Option 1	Cheese & Tomato Pizza Slices & Ketchup	Meteor Meatballs in Lava Planet Sauce & Pioneer Potato Wedges	Beef Lasagne	Roast Gammon & Diced Roast Potatoes	MSC Battered Fish & Mashed Potato
Option 2	Mild Mexican Bean Wrap	Cheese, Spinach & Tomato Egg Muffin Crater Cups & Pioneer Potato Wedges	Quorn Sausage Burger, Fresh Roll, 1/2 Jacket & Ketchup	Cheese & Bean Pasty & Diced Roast Potatoes	Breaded Quorn Dippers & Mashed Potato
Option 3	Lincolnshire Jacket Potatoes & Toppings				
Option 4	Filled Sandwich, Baguette or Bagel Selection				
	Daily selection of Vegetables and Salad Bar Selection				
Option 5	Grab & Go Lunch - see page 4 for weekly rotation				
Dessert (D)	Jam Swirl Cake & Custard	Galaxy Cupcake	Tutti Frutti Cookie	Toffee & Mandarin Sponge Cake	Chocolate Cracknel & Fruity Friday Fruit Platter
Yoghurt (Y)	Selection of Yeo Valley Organic Yoghurts				
Fruit (F)	Selection of Fresh Fruit or Fruit Salad				

W/c 12th Oct

WORLD
Food
DAY

	Mon	Tues	Wed	Thur	Fri
Option 1	Macaroni Cheese & Bread Selection	Mild & Creamy Coconut Chicken Curry & Rice	MSC Breaded Fishcake & Diced Roast Potatoes	Roast Gammon & Mashed Potato	USA Beef Burger with Cheese, Fresh Roll, Wedges & Ketchup (Quorn option available for no meat/pork requirements)
Option 2	BBQ Chicken Pizza Baguette	Cheese & Ham Potato Shells (meat free available for vegetarian requirements)	Creamy Puff Pastry Vegetable Pie & Diced Roast Potatoes	Roasted Vegetable Quiche & Mashed Potato	Mexican Chicken Fajita Wrap & Wedges
Option 3	Lincolnshire Jacket Potatoes & Toppings				
Option 4	Filled Sandwich, Baguette or Bagel Selection				
	Daily selection of Vegetables and Salad Bar Selection				
Option 5	Grab & Go Lunch - see page 4 for weekly rotation				
Dessert (D)	Pancake with Banana & Strawberry Sauce	Oat Cookie	Apple & Buttercream Sponge Cake	Fruit Flapjack Finger	Spanish Orange Cake & Custard
Yoghurt (Y)	Selection of Yeo Valley Organic Yoghurts				
Fruit (F)	Selection of Fresh Fruit or Fruit Salad				



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W/c 19th Oct

WEAR IT
PINK

	Mon	Tues	Wed	Thur	Fri
Option 1	Pasta in a Creamy Tomato Sauce (optional grated cheese) & Garlic Bread	Roast Chicken & Mashed Potato	Ham & Cheese Pizza Slices & Ketchup	Simpsons Puff Pastry Pork Sausage Roll & Mashed Potato	MSC Breaded Fish Fingers & Oven Chips
Option 2	Quorn Sausage, Baked Bean & Cheesy Mash Pie	Roast Quorn & Diced Roast Potatoes	Vegetable Lasagne	Quorn Puff Pastry Sausage Roll	Quorn Fishless Fingers & Oven Chips
Option 3	Lincolnshire Jacket Potatoes & Toppings				
Option 4	Filled Sandwich, Baguette or Bagel Selection				
	Daily selection of Vegetables and Salad Bar Selection				
Option 5	Grab & Go Lunch - see page 4 for weekly rotation				
Dessert (D)	Ice Cream or Frozen Yoghurt Selection & Apple Slices	Cherry Oat Cookie	Chocolate Pear Sponge & Chocolate Sauce	Jelly & Optional Cream	Wear It Pink Cupcakes
Yoghurt (Y)	Selection of Yeo Valley Organic Yoghurts				
Fruit (F)	Selection of Fresh Fruit or Fruit Salad				

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11th
Sept

ROALD DAHL DAY

While there's always a reason to celebrate the wonderful stories and characters created by the world's No. 1 storyteller, today is the perfect opportunity to enjoy whizz-whizzingly brilliant activities and scrumdiddlyumptious treats in honour of the fantastic



18th
Sept

TALK LIKE A PIRATE DAY



Unleash your inner pirate by speaking in pirate lingo. Whether you're a fan of pirate movies, books, or just enjoy a good laugh, this fun theme offers a playful escape from the ordinary as everyone is invited to embrace the spirit of the high seas. Ahoy Matey!

23rd
Sept

THE AUTUMN EQUINOX

Pumpkins, cosy jumpers, fluffy scarves and hearty lunches... just some of the lovely things we have to look forward to as we welcome the start of a brand-new season.

1st
Oct

LINCOLNSHIRE DAY

We're celebrating all things Lincolnshire with a special menu inspired by our wonderful county!

It's also School Meal Census Day, and every eligible child who enjoys a school meal today helps their school receive valuable funding — so it's a great day to join us for lunch!



Monday
Ham Sandwich

Tuesday
Tuna Roll

Wednesday
Cheese & Ham Wrap

Thursday
Pizza Slices

Friday
Chicken Sandwich

All served with cheese portion, salad sticks, a piece of fruit, a Frube yoghurt & dessert of the day. This is a fully plated meal and no custard will be served with this lunch option.

6th
Oct

WORLD SPACE WEEK

Get ready to blast off! World Space Week is an exciting celebration of space and the wonders of our universe. We're joining this global event to celebrate science, technology and space exploration with an out-of-this-world menu for everyone to enjoy!



16th
Oct

WORLD Food DAY

Join us as we celebrate World Food Day with a delicious journey around the globe! Our special menu brings together flavours and favourite dishes inspired by different countries and cultures, giving children the chance to explore the wonderful world of food.

23rd
Oct

WEAR IT PINK

Whether you wear it pink or, in our case, eat it pink, today is all about having fun with all things pink while showing our support for breast cancer awareness and vital research.