herb sauce

Chinese 5 Spice

Chicken & Potato Bake ..

served on a bed of pasta

roast potatoes & gravy

potatoes and gravy

Sweet Potato & Chickpea Roast (v)

BBO Beef Meatballs with Pasta

Salmon Fish Fingers with Chips

Breaded salmon fish fingers

Quorn Dippers with chips (v)

(MSC approved)

Beef meatballs in BBQ sauce with pasta

Sweetcorn and lentils cooked in a tomato

Sweetcorn Enchilada Pie with Rice (v)

sauce layered with tortillas and cheese

Roast Turkey

Vegetable Pasta Bolognese (v)

W/C 22/04, 13/05, 10/06, 01/07, 22/07, 02/09, 23/09, 14/10

Homemade pizza base topped with tomato and

Quorn mince, rice and vegetables infused with

Chinese Style Quorn Veggie Rice (v)

Fresh chicken and potatoes served in a

Fresh vegetables in a traditional bolognese sauce

Traditionally roasted turkey served with crispy

Sweet potato loaf served with crispy roast

Tomato & Mozzarella Pizza with Jacket Wedges (v) On the Side...

Fresh Broccoli

Fresh Carrots

Fruit & Yoghurt Pot

On the Side...

Mediterranean

For Dessert...

Brownie Cake

On the Side...

Fresh Carrots

For Dessert...

On the Side...

Fresh Broccoli &

For Dessert...

Cake & Custard

On the Side...

For Dessert...

Strawberry Ice Cream

Baked Beans

Sweetcorn

Pear Upside Down

Garden Peas

Seasonal Cabbage

Flapjack & Fruit Slices

Sweetcorn

Vegetables

For Dessert...



BBQ Quorn Burger with Jacket Wedges (v) Quorn burger in a soft bun with BBO sauce Vegetable & Chickpea Wrap with Jacket Wedges (v) Mildly spiced vegetable and chickpea tortilla



On the Side... Fresh Carrots & Fresh

Cucumber Sticks Garden Peas

For Dessert...

Oatie Biscuit with Fruit Slices

On the Side...

Roasted Peppers & Sweetcorn Baked Beans

For Dessert...

Strawberry Swirl Sponge

On the Side...

Seasonal Cabbage

Fruit & Yoghurt Pot

Fresh Carrots

For Dessert...

Roast Pork

On the Side...

W/C 06/05, 03/06, 24/06, 15/07, 16/09, 07/10

Traditional macaroni served in a mild cheesy

Beef Lasagne with Garlic & Herb Bread Wedge

sheets and creamy sauce topped with cheese

Mildly spiced vegetable medley mixed with

Organic mince beef layered with pasta

Spanish style Quorn mince mixed with

Farm Assured roasted pork served with a glazed apple ring served with crispy roast potatoes & gravy

Quorn Roast (v)

Mac 'N' Cheese (v)

rice and vegetables

Vegetable Biryani (v)

long grain rice

Vegetarian Quorn Paella (v)

sauce

Sliced roasted Quorn served with crispy roast potatoes & gravy

Chinese Chicken Rice

Chinese-style Chicken combo with rice and peas Creamy Pesto Pasta (v)

A creamy sauce mixed with pasta and nut free

Fish Fingers with Chips

Golden breaded fish fingers (MSC approved)

Sweet Potato & Chickpea Burger with Chips (v) Sweet potato & chickpea burger served in a soft bun

On the Side...

KS1 Meals are Free

KS2 Meals are £2.10

Fresh Broccoli-Fresh Carrots

For Dessert...

On the Side...

Mediterranean

For Dessert...

Fresh Carrots

Yoghurt

On the Side...

Sweetcorn

Fresh Broccoli &

For Dessert...

Apple & Berry

On the Side...

Baked Beans

Garden Peas

Fruit Slices

For Dessert...

Strawberry Jelly with

Cauliflower Medley

Crumble with Custard

Seasonal Cabbage

Lemon Drizzle Cake

Sweetcorn

Vegetables

Fruit & Yoghurt Pot

Our chicken and milk

are Red

approved

Tractor

of our seasona direct from

ALL OUR BEEF is from THE UK OR IRELAND

For Dessert... N-CONTRIBUTE Blueberry Frozen

FRESH SALAD

IS AVAILABLE ON A DAILY BASIS.

Special dietaru requirements can be catered for, please contact:

Email:

specialdiets@compass-group.co.uk

TEL: 01435 865310

W/C 29/04, 20/05, 17/06, 08/07, 09/09, 30/09, 21/10



Bangers & Mash

Organic pork sausages served on a bed of creamy mash potato and gravy

Quorn Balls in Tomato sauce with Pasta (v) Quorn balls marinated in a tomato and herb sauce served with pasta

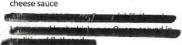


Roast Chicken Breast

Roasted free range chicken breast served with crispy roast potatoes & gravy

Cauliflower & Creamed Corn Bake (v)

Sweetcorn and cauliflower florets in a creamy cheese sauce



Beef Pasta Bolognese

Organic beef mince in a traditional bolognese sauce served with pasta

Mild Chickpea Curry with Rice (v)

Cauliflower Medley Mildly spiced chickpea and potato curry



Crispy Fish and Chips Traditional crispy battered fish fillet

(MSC approved)

Veggie Quorn Hotdog with Chips (v)

Quorn frankfurter served in a soft hot dog roll

On the Side... Fresh Broccoli Sweetcorn

For Dessert...

Chocolate Sponge Cake with Chocolate Sauce

On the Side...

Baked Beans Garden Peas

For Dessert... Apple & Carrot Slice

Jacket Potatoes with various fillings available daily.

FARM TO FORK

We can trace every cut of meat back to the farms of origin

ALL OUR BREAD IS

FRESHLY BAKED EVERY DAY



East Sussex County Council

Tasty Quorn dippers served with chips



WE SUPPORT