

THE KITCHEN

@ MEONCROSS
SCHOOL



Week One: 8 Sep, 29 Sep, 3 Nov, 24 Nov, 5
Jan, 26 Jan, 16 Feb

M

Climate
Friendly

- **Italian pizza slices (v)**
- **Golden lentil dahl and rice (ve)** 🌱
- Potato wedges, sweetcorn, roasted vegetables (ve) 🌱
- Blueberry and lemon muffin (v)

T

- **Loaded Mexican-style wedges (v)**
- **Crispy chicken fillet with tomato & basil sauce**
- Herby rice, stir-fry veggies & peas (ve) 🌱
- Oatie cookie (ve) 🌱

W

Climate
Friendly

- **Pasta bar selection with Chef Sarah's sauces (v)**
- **Campfire chilli (ve)** 🌱
- Wholewheat pasta, broccoli (ve) 🌱
- Garlic bread (v)
- Carrot cake (v)

T

- **Classic cottage pie (v)**
- **Chicken or turkey fillet with Yorkshire pud**
- Crispy roasties or creamed potatoes (ve) 🌱
- Seasonal veggies (ve) 🌱
- Berry and pear scramble with custard (v)

F

- **Super green risotto (ve)** 🌱
- **Fish of the day**
- **Salmon pasta bake**
- Oven -baked chips, peas, baked beans (ve) 🌱
- Mixed fruit yoghurt (v)
- Coconut yoghurt (ve) 🌱



🌱 Plant-based and planet-friendly

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Week Two: 15 Sep, 6 Oct, 10 Nov, 1 Dec, 12
Jan, 2 Feb

M

- **Flaky vegetable wellington (v)**
- **Succulent chicken fillet with Yorkshire pud**
- Crispy roasties or creamed potatoes (ve) 🌱
- Seasonal veggies (ve) 🌱
- Chocolate beetroot muffin (v)

T

- **Classic mac 'n' cheese (v)**
- **Homemade burger**
- Seasonal veggies (ve) 🌱
- Zesty lemon muffin (v)

W

Planet
Friendly

- **Autumn harvest lasagne (v)**
- **Mediterranean ragu (ve) 🌱**
- Wholewheat pasta and seasonal veggies (ve) 🌱
- Apple crumble (ve) 🌱 with coconut sauce (ve) 🌱

T

Planet
Friendly

- **Thai green curry with saffron rice (v)**
- **Rustic pepperoni pizza (v)**
- Mediterranean stir fry and sweetcorn (ve) 🌱
- Garlic bread (v)
- Pineapple upside down cake (v)

F

- **Take Away Friday**



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Week Three: 22 Sep, 13 Oct, 17 Nov, 8 Dec, 19
Jan, 9 Feb

M

- **Chestnut mushroom stroganoff (ve)** 🌱
- **Rich beef bolognaise**
- Wholewheat pasta and vegetable medley(ve) 🌱
- Garlic bread (v)
- Apple muffin (v)

T

Tasty
Planet Day

- **Sweet potato curry with rice and naan bread (ve)** 🌱
- **Mediterranean pasta bake (v)**
- Peas and Indian stir fry veggies (ve) 🌱
- Pear and coconut yoghurt slice (ve) 🌱

W

- **Crunchy cheese and potato pie (v)**
- **Turkey fillet with Yorkshire pud**
- Crispy roasties, creamed potatoes, seasonal veggies (ve) 🌱
- Banana and chocolate loaf (v)

T

Tasty
Planet Day

- **Ultimate bean wrap (v)**
- **Tatter pots with classic Meoncross toppings (v)**
- Roasted roots and sweetcorn (ve) 🌱
- Eve's pudding with custard (v)

F

- **Beanie burger (ve)** 🌱
- **Fish of the day**
- **Homemade pork slice**
- Oven baked chips, baked beans, peas (ve) 🌱
- Mixed fruit yoghurt (v)
- Coconut yoghurt (ve) 🌱



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Best for you

Our Catering Team, led by Chef Debbie, prepares all lunchtime meals in-house from scratch, using high-quality, fresh ingredients that whenever possible, are locally sourced.

Themed Days

Special holidays and seasonal events are celebrated with themed lunches. Details of these will be posted on our social media platforms and promoted around school.

Good food, everyday

Fresh, oven-cooked baked potatoes with a choice of fillings, freshly baked bread, salad bar, fresh fruit, and yoghurts are available everyday.

Upper School

Meal deals, street food options, and a choice of filled rolls/wraps/sandwiches are available everyday for Upper School pupils. Why not fill your roll with some salad from the salad bar?

Nut-free zone

Whilst we do not bring whole nuts or ingredients with nuts into our kitchens, some products are subject to 'may contain' status in manufacturing. Dairy-free and gluten-free options are available daily.

Allergy aware

All food is subject to availability and change. We make every effort to identify ingredients that may cause allergic reactions. We have strict policies in place to avoid cross-contamination, however, there is always a risk. We cannot guarantee a total absence of these allergens in the foods we produce.