

THE BIG SCHOOL BIRD WATCH

FRIDAY 7TH JANUARY

This week marks the start of the Big School Birdwatch 2022. Birdwatching is a great way for children to enjoy nature.

How many different types of birds can you spot? Visit our website for beginners resources and activities to help your little ones become budding birdwatchers.



Try our scrummy **Quorn** Fishless Fingers

Swapping the fish out of your fish fingers can be just as delicious as normal fish fingers - and it helps to heal our wonderful planet too...with less water wasted and more animals saved!

	Monday 3rd Jan	Tuesday 4th Jan	Wednesday 5th Jan	Thursday 6th Jan	Friday 7th Jan
Lunch Option 1		Macaroni Cheese	Roast Chicken	Spaghetti Bolognese	Birdwatch Brunch - Sausage, Hash Brown, Fresh Roll, Baked Beans & Tomato Cauliflower & Broccoli Cheese Bake Baked Beans Jacket Potato with a selection of fillings Served with Mixed Salad Fruity Friday - Fruit Platter & Shortbread Bird Biscuit Yea Valley Organic Yoghurt Fresh Fruit
Lunch Option 2					
Lunch Option 3		Veggie Sausage & Bean Potato Topped Pie	Cheese, Tomato & Broccoli Quiche	Minced Quorn, Spinach & Potato Curry with Rice	
1, 2 & 3 served with		Mixed Vegetables	Roast Potatoes & Mixed Vegetables	Mixed Vegetables	
Lunch Option 4		Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	
Lunch Option 5					
4 & 5 served with		Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	
Dessert Option D		Apple Crumble & Custard	Chocolate Cracknel	Marble Sponge & Custard	
Dessert Option Y		Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	
Dessert Option F		Fresh Fruit	Fresh Fruit	Fresh Fruit	

	Monday 10th Jan	Tuesday 11th Jan	Wednesday 12th Jan	Thursday 13th Jan	Friday 14th Jan
Lunch Option 1	Rainbow Cheese & Tomato Pizza	Creamy Coconut Chicken Curry & Rainbow Rice	Roast Beef & Mashed Potato	Lincolnshire Sausage Roll & Mashed Potato	MSC Fish Finger Roll & Mayo
Lunch Option 2					
Lunch Option 3	Quorn Fishless Fingers	Cheese Filled Potato Shells	Lentil & Vegetable Cottage Pie	Mega Mild Bean Chilli & Rice	Cauliflower & Broccoli Bake
1, 2 & 3 served with	Diced Potatoes, Peas & Ketchup	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Lattice Potatoes, Baked Beans & Cucumber Slices
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5					
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Fruit Jelly & Cream	Jam Sponge & Custard	Oat Cookie	Chocolate Jaffa Sponge Cake	Fruity Friday - Fresh Fruit Platter & Tutti Frutti Cookie
Dessert Option Y	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



The School Meal Extravaganza!

Our school meal extravaganza returns on Thursday 20th for the January census day.

Joining us for lunch today, not only provides opportunity to enjoy some of the favourite meal options, it also boosts funding for your child's school. Schools receive a whopping £430 for each infant that orders a school lunch today.

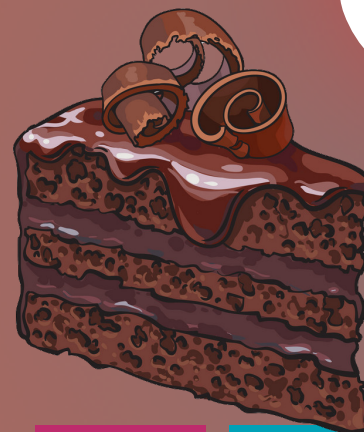


	Monday 17th Jan	Tuesday 18th Jan	Wednesday 19th Jan	Thursday 20th Jan	Friday 21st Jan
Lunch Option 1	Beef Lasagne	Roast Chicken & Roast Potatoes	Garlic & Herb Chicken with Rainbow Rice & Garlic Mayo	Simpsons Lincolnshire Beef Burger & Fresh Roll	Cheese & Ham Pastry Whirl & Mashed Potato
Lunch Option 2					
Lunch Option 3	Veggie Sausage & Cheese Breakfast Wrap	Stuffed Pepper	Creamy Tomato Pasta & Garlic Slice	Quorn Sausage Hot Dog	Chickpea & Veggie Fritter & Mashed Potato
1, 2 & 3 served with	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Curly Potato Chips, Peas & Ketchup	Baked Beans & Crudités
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5					
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Strawberry Mousse & Fruit Salad	Tutti Frutti Sponge & Custard	Butterscotch Cookie	Chocolate Cracknel	Fruity Friday - Fresh Fruit Platter & Gingerbread Biscuit
Dessert Option Y	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

International Chocolate Cake Day

THURSDAY 27TH JANUARY

We've got chocolate cake on the menu today, of course! Did you know we don't actually use any 'real' chocolate, in any of our dessert recipes? They are all made using cocoa. Stay tuned for our lower sugar chocolate cake recipes, to try at home.



	Monday 24th Jan	Tuesday 25th Jan	Wednesday 26th Jan	Thursday 27th Jan	Friday 28th Jan
Lunch Option 1	Chicken & Bacon Pasta Bake	Lincolnshire Sausage & Mash	Creamy Coconut Chicken Curry & Rainbow Rice	Roast Beef	MSC Breaded Fish
Lunch Option 2					
Lunch Option 3	Minced Quorn, Spinach & Potato Curry with Rice	Quorn Sausage Casserole & Mash	Macaroni Cheese with Garlic Slice	Lentil & Vegetable Cottage Pie	Cheese & Tomato Pizza
1, 2 & 3 served with	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Roast Potatoes & Mixed Vegetables	Potato Wedges, Baked Beans & Crudités
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5					
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Apple Crumble & Custard	Iced Carrot Cake	Flapjack	Chocolate Sponge Cake	Fruity Friday - Fresh Fruit Platter & Shortbread
Dessert Option Y	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



Chinese New Year

TUESDAY 1ST FEBRUARY

Celebrating the beginning of a new year on the traditional lunisolar Chinese calendar. In China, the public holiday lasts for three days and is the biggest and most extravagant celebration of the year. Each year is named after an animal, this being the Year of the Tiger.

	Monday 31st Jan	Tuesday 1st Feb	Wednesday 2nd Feb	Thursday 3rd Feb	Friday 4th Feb	
Lunch Option 1	Beef Lasagne	Chicken Breast Strips with Sweet & Sour Dipping Sauce	Roast Chicken & Roast Potatoes	MSC Fish Finger Roll & Mayo	Lincolnshire Sausage Roll & Mashed Potato	
Lunch Option 2						
Lunch Option 3	Mega Mild Mexican Bean Wrap		Vegetable Spring Rolls with Sweet & Sour Dipping Sauce	Quorn Sausage & Roast Potatoes	Breaded Cheese & Vegetable Grill	Veggie Sausage & Bean Potato Topped Pie
1, 2 & 3 served with	Mixed Vegetables		Rice & Mixed Vegetables	Mixed Vegetables	Lattice Potatoes, Peas & Ketchup	Baked Beans & Cucumber Slices
Lunch Option 4	Jacket Potato with a selection of fillings		Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5						
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	
Dessert Option D	Fruit Jelly & Cream	Tiger Cookies	Chocolate Cracknel	Cherry Bakewell Sponge & Custard	Fruity Friday - Fruit Platter & Tutti Frutti Biscuit	
Dessert Option Y	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	



Friday FRUIT Platter

Try our delicious and healthy Friday Fruit Platter.

This weeks platter includes a Gingerbread Biscuit!

	Monday 7th Feb	Tuesday 8th Feb	Wednesday 9th Feb	Thursday 10th Feb	Friday 11th Feb
Lunch Option 1	Cheese, Ham & Tomato Pizza	Garlic & Herb Chicken with Rainbow Rice & Garlic Mayo	Spaghetti Bolognese	Roast Chicken	Lincolnshire Beef Burger
Lunch Option 2					
Lunch Option 3	Quorn Dippers	Macaroni Cheese with Garlic Slice	Stuffed Pepper	Cheese, Tomato & Broccoli Quiche	Chickpea & Veggie Fritter
1, 2 & 3 served with	Diced Potatoes, Peas & Ketchup	Mixed Vegetables	Mixed Vegetables	Mashed Potato & Mixed Vegetables	Curly Potato Chips, Baked Beans & Crudités
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5					
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Apple Crumble & Custard	Chocolate Jaffa Sponge Cake	Tutti Frutti Sponge & Custard	Oat Cookie	Fruity Friday - Fresh Fruit Platter & Gingerbread Biscuit
Dessert Option Y	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt	Yea Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit