FOURLANESEND C.P. SCHOOL + CARBEILE JUNIOR SCHOOL Est. 1953 = Rame Federation

SCHOOL MEALS

MENU

Eat a balanced and healthy meal

School Menu 2026/27

FRESHLY PREPARED SALAD, VEGETABLES AND FRUIT AVAILABLE DAILY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	MAIN COURSE	Chicken Curry (6)	Minced Beef Pie (6)	Pepperoni Pizza (1,2,5,6)	Roast Pork & Stuffing (6)	Oven Baked Salmon Fishcakes (3,6)
	MEAT FREE	Chickpea & Veg Curry	Quorn Mince & Veg Pie (1,6)	Cheese Pizza (1,2,5,6)	Quorn Fillet Roast (6)	Fishless Fish Fingers (5,6)
	SIDES	Brown Rice, Plain Naan (6)	Mash & Green Beans	Oven Baked Wedges & Sweetcorn	Roast Potatoes, Veg & Gravy	Oven Baked Wedges & Peas
	JACKET POTATOES	Cheese, tuna, beans (1,2,3)	Cheese, tuna, beans (1,2,3)	Cheese, tuna, beans (1,2,3)	Cheese, tuna, beans (1,2,3)	Cheese, tuna, beans (1,2,3)
	FILLED BAGUETTE	Ham, cheese, tuna, egg mayo (1,2,3,6)	Ham, cheese, tuna, egg mayo (1,2,3,6)	Ham, cheese, tuna, egg mayo (1,2,3,6)	Ham, cheese, tuna, egg mayo (1,2,3,6)	Ham, cheese, tuna, egg mayo (1,2,3,6)
	DESSERTS	Banana Bread (2,6)	Strawberry Mousse (2,5)	Ice Cream (2)	Mixed Fruit Crumble & Custard (2,6)	Rice Crispie Square (6)
WEEK 2	MAIN COURSE	BBQ Chicken Jacket Potato	Oven Baked Chicken Goujons (6)	Beef & Tomato Pasta Bake (1,2,6)	Roast Chicken & Stuffing (6)	Oven Baked Fish Fingers (3,6)
	MEAT FREE	Three Bean Chilli Jacket Potato	Quorn Nuggets (6)	Vegetable Pasta Bake (1,2,6)	Quorn Fillet Roast (6)	Fishless Fish Fingers (5,6)
	SIDES	Sweetcorn & Mixed Salad	Parmentier Potatoes & Green Beans	Sweetcorn & Garlic Bread (6)	Roast Potatoes, Veg & Gravy	Diced Potatoes & Peas
	JACKET POTATOES	Cheese, tuna, beans (1,2,3)	Cheese, tuna, beans (1,2,3)	Cheese, tuna, beans (1,2,3)	Cheese, tuna, beans (1,2,3)	Cheese, tuna, beans (1,2,3)
	FILLED BAGUETTE	Ham, cheese, tuna, egg mayo (1,2,3,6)	Ham, cheese, tuna, egg mayo (1,2,3,6)	Ham, cheese, tuna, egg mayo (1,2,3,6)	Ham, cheese, tuna, egg mayo (1,2,3,6)	Ham, cheese, tuna, egg mayo (1,2,3,6)
	DESSERTS	Scones (2,6)	Fruit	Carrot Cake (1,6)	Cornflake Tart & Pink Custard (6)	Chocolate Muffins (1,2,5,6)
WEEK 3	MAIN COURSE	Cheesy Veg Pasta Bake (2,6)	Beef Cottage Pie	Sweet & Sour Chicken (5)	Roast Gammon & Yorkie (1,2,6)	Oven Baked Breaded Fish (3,6)
	MEAT FREE	Cheesy Veg Pasta Bake (2,6)	Lentil & Vegetable Pie (6)	Sweet & Sour Corn Chicken (4)	Quorn Fillet & Yorkie (1,2,6)	Fishless Fish Fingers (6)
	SIDES	Garlic Bread (6)	Carrots & Peas	Garlic Bread (6)	Roast Potatoes, Veg & Gravy	Chips & Peas
	JACKET POTATOES	Cheese, tuna, beans (1,2,3)	Cheese, tuna, beans (1,2,3)	Cheese, tuna, beans (1,2,3)	Cheese, tuna, beans (1,2,3)	Cheese, tuna, beans (1,2,3)
	FILLED BAGUETTE	Ham, cheese, tuna, egg mayo (1,2,3,6)	Ham, cheese, tuna, egg mayo (1,2,3,6)	Ham, cheese, tuna, egg mayo (1,2,3,6)	Ham, cheese, tuna, egg mayo (1,2,3,6)	Ham, cheese, tuna, egg mayo (1,2,3,6)
	DESSERTS	Biscuits (6)	Honey Cake(1,2,6)	Fruit Yogurt (2)	Steamed Sponge & Custard (1,2,6)	Marshmallow Crispie (6)

WEEK 1		WEEK 2		WEEK 3	
2nd Nov	23rd Nov	9th Nov	30th Nov	16th Nov	7th Dec
14th Dec	18th Jan	4th Jan	25th Jan	11th Jan	1st Feb
8th Feb	8th Mch	22nd Feb	15th Mch	1st Mch	22nd Mch

ALLERGENS CODE:

(1) Eggs (2) Milk (3) Fish (4) Mustard (5) Soya

(6) Cereal Containing Gluten (7) Celery (8) Coconut Oil (9) Shellfish (10) Sulphur Dioxide/Sulphites