



Week 9, beginning 2nd November 2020

Sports Fixtures

Monday	Tuesday	Wednesday	Thursday	Friday
		U18 Football Vs Barnet Home Kick off 2pm		





Sports Results from w/c 19th October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	Yr8 County Cup Final Vs John Hampden Grammar School Away LOST 2-7	U18 Football Vs Soccer Assist Away LOST 1-12		



School Menu
Week Beginning 2nd November 2020

WEEK 3	Classic Favourites	EASTERN	Great British	SOUTHERN STYLE	Fish & Chips
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	BEEF & PORK MEATBALLS IN TOMATO SAUCE Garlic Focaccia, Peas, Mixed Salad	MILD CHICKEN KORMA 50/50 Rice, Poppadums, Pickle Tray	24HR BRAISED BBQ PORK Creole Rice, Charred Corn	FERNANDOS CHICKEN IN A BUN Cajun Wedges, BBQ Beans, Coleslaw	FRESHLY BATTERED FISH/ SALMON FISHCAKES Chips, Garden Peas
VEGETARIAN MEAL	TOMATO, PEPPER & MOZZARELLA PASTA BAKE Garlic Focaccia, Peas, Mixed Salad	SQUASH, CHICKPEA & SPINACH BALTI 50/50 Rice, Poppadums, Pickle Tray	MATURE CHEDDAR & BROCCOLI QUICHE Mixed Salad or Seasonal Vegetables	CAJUN GRILLED HALLOUMI BURGER Cajun Wedges, BBQ Beans, Coleslaw	FALAFEL, CRUNCHY SLAW & SPICY HOUMOUS PITTA Mixed Salad
PASTA POTS	TOMATO & BASIL	TOMATO & BASIL	TOMATO & BASIL	TOMATO & BASIL	TOMATO & BASIL
	PESTO PASTA	QUORN BOLOGNAISE	ARRABIATA	CARBONARA	FLORENTINE
JACKET POTATO	TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS				
HOT PUD	WAFFLE BAR Ice Cream	JAM ROLY POLY Custard	STICKY TOFFEE PUDDING Toffee Sauce	CHOCOLATE BREAD & BUTTER PUDDING Custard	APPLE & PEAR CRUMBLE Ice Cream
COLD PUD	LEMON YOGHURT CHEESECAKE POT	MANGO & LIME PANNA COTTA	CHOCOLATE BROWNIE TORTE	ETON MESS	CUCINA SUNDAE
FRUIT POT	WATERMELON	PINEAPPLE & POMEGRANATE	FRESH FRUIT SALAD	PINEAPPLE & TOFFEE	GRAPES
JELLY POTS	STRAWBERRY JELLY	ORANGE JELLY	RASPBERRY JELLY	LEMON JELLY	MIXED BERRY JELLY
YOGHURT POTS	GREEK STYLE HONEY YOGHURT	LEMON YOGHURT	STRAWBERRY YOGHURT	MANGO YOGHURT	PASSION FRUIT YOGHURT

TRY OUR HOME-MADE
SOUP
WITH FRESHLY BAKED BREAD

LOOK OUT FOR
AMAZING BLUE DOT MEAL DEALS

PIZZAS, WRAPS & PANINIS
FRESH OPTIONS EVERY DAY

TAKE HOME A TAKEAWAY
Collect Before You Go Home

LUNCH MEAL DEAL
Check out what's on offer today!
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WATCH OUT FOR OUR
POP UP & STREET FOOD PROMOTIONS

All of Our Deli Range, Sandwiches, Salads & Desserts are
FRESHLY MADE HERE DAILY

