

THREE WEEK MENU

Autumn/Winter 2022

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN



YOUR FAVOURITES AVAILABLE EVERY DAY



WEEK 1 MENU

W/C: 31/10, 21/11, 12/12, 02/01, 23/01, 13/02, 06/03, 27/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Macaroni Cheese Served with Peas and Carrots	Chicken Tikka Masala Served with Rice	Roast Turkey Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholemeal Pasta, Broccoli and Sweetcorn	Breaded Fish Served with Chips, Peas and Beans
Alternative Dish	Vegetarian Sausage Served with Mashed Potato and Gravy	Cheese and Tomato Pizza Served with Sweetcorn and Salad	Vegan Sausage Casserole Served with Carrots and Cabbage	Vegetarian Bolognese Served with Wholemeal Pasta, Broccoli and Sweetcorn	Quorn Dippers Served with Chips, Peas and Beans
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings
Vegetables	Carrots and Peas	Sweetcorn and Fresh Salad	Carrots and Cabbage	Broccoli and Sweetcorn	Peas and Beans
Dessert	Vanilla Ice Cream	Hot Chocolate Sponge with Chocolate Custard	Oat Cookie with Fruit Slices 🍏	Apple Crumble with Custard 🍏	Ice Cream Milkshake with Shortbread

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

🌱 Vegetarian
🐟 Oily fish
🌾 Wholegrain
🍏 Fruity!
👩 Nutritionist's choice

WEEK 2 MENU

W/C: 07/11, 28/11, 09/01, 30/01, 13/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Cheese and Tomato Pizza Served with Carrot and Cucumber Sticks	Chicken Noodle Stir Fry Served with Peas and Broccoli	Roast Gammon Served with Yorkshire Pudding, Mashed Potato and Gravy	Chicken Tagine Served with Wholegrain Rice	Breaded Fish Served with Chips, Peas and Beans
Alternative Dish	Vegetable Korma Served with Wholegrain Rice	Sweet Chilli Vegetable Noodles Served with Peas and Broccoli	Vegetable Pie Served with Mashed Potato and Gravy	Sweet Potato Curry Served with Wholemeal Rice	Quorn Dippers Served with Chips, Peas and Beans
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings
Vegetables	Carrot and Cucumber sticks	Peas and Broccoli	Carrots and Cabbage	Sweetcorn and Green Beans	Peas and Beans
Dessert	Jam Sponge	Orange Shortbread	Chocolate Ice Cream	Apple and Berry Crumble served with Custard	Chocolate Shortbread



PACKED LUNCH – AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

WEEK 3 MENU

W/C: 14/11, 05/12, 16/01, 06/02, 27/02, 20/03



MONDAY









TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Cheese and Tomato Pizza Served with carrot and cucumber sticks   	Sweet and Sour Chicken Served with Wholemeal Rice  	Roast Chicken Served with Roast Potatoes and Gravy	Cottage Pie Served with Sweetcorn and Green Beans  	Southern Fried Chicken Served with Chips, Peas and Beans  
Alternative Dish	Vegetable Chilli Served with Wholemeal Rice	Vegetable Chow Mein Served with Broccoli and Sweetcorn	Sweet Potato Chickpea Roast Served with Roast Potatoes and Gravy	Vegetarian Bolognese Served with Wholegrain Pasta	Vegan Meatballs in Tomato Sauce Served with Chips, Peas and Beans
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings
Vegetables	Peas and Carrots	Broccoli and Sweetcorn	Carrots and Cabbage	Sweetcorn and Green Beans	Peas and Beans
Dessert	Strawberry Ice Cream	Fruit Flapjack	Lemon Drizzle Cake	Carrot Cake	Chocolate Milkshake served with Chocolate Biscuit

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

 **Vegetarian**  **Oily fish**  **Wholegrain**  **Fruity!** 