

# THREE WEEK MENU

Autumn/Winter 2022

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN

YOUR FAVOURITES AVAILABLE EVERY DAY



# WEEK 1 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Cheese and Tomato Pizza</b> Served with Jacket wedges and Two Vegetables	<b>Chicken Pie</b> Served with Mashed Potato and Gravy	<b>Roast Turkey</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> Served with Wholemeal Pasta and Two Vegetables	<b>Breaded Fish</b> Served with Chips and Two Vegetables
Alternative Dish	<b>Vegetarian Sausage</b> Served with Mashed Potato and Gravy	<b>Macaroni Cheese</b> Served with Two Vegetables	<b>Vegan Sausage Casserole</b> Served with Roast Potatoes and Gravy	<b>Vegetarian Bolognese</b> Served with Wholemeal Pasta and Two Vegetables	<b>Quorn Dippers</b> Served with Chips and Two Vegetables
Third Choice	-	<b>Jacket Potato with Salmon Mayonnaise</b>	-	-	-
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings
Pasta	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	<b>Two vegetable dishes available daily</b>				
Dessert	<b>Vanilla Ice Cream</b>	<b>Orange Drizzle cake</b>	<b>Oat Cookie with Fruit Slices</b>	<b>Apple Crumble with Custard</b>	<b>Plain Shortbread with fruit slices</b>

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

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

# WEEK 2 MENU

AUTUMN/WINTER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Cheese and Tomato Pizza</b> Served with Carrot and Cucumber Sticks	<b>Pork Sausage</b> Served with Mashed Potatoes and Gravy	<b>Roast Chicken</b> Served with Yorkshire Pudding, Mashed Potato and Gravy	<b>Keralan Chicken Curry</b> Served with Wholegrain Rice and Two Vegetables	<b>Breaded Fish</b> Served with Chips and Two Vegetables
Alternative Dish	<b>Mixed Bean Pasta</b> Served with Tomato Pizza Bread	<b>Vegetable Lasagne</b> Served with Garlic & Herb Wedge	<b>Vegetable Pie</b> Served with Yorkshire Pudding, Roast Potato and Gravy	<b>Cauliflower and Sweet Potato Masala</b> Served with Wholegrain Rice and Two Vegetables	<b>Quorn Dippers</b> Served with Chips and Two Vegetables
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings
Pasta	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	<b>Two vegetable dishes available daily</b>				
Dessert	<b>Jam Sponge</b>	<b>Banana and Apricot Flapjack served with Fresh Fruit</b>	<b>Vanilla ice cream</b>	<b>Peach Slice</b>	<b>Strawberry Frozen Yoghurt with fruit slices</b>

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WATER, SALAD, FRESHLY BAKED BREAD  
YOGHURT AND FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice



# WEEK 3 MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	<b>Cheese and Tomato Pizza</b> Served with Jacket wedges and Two Vegetables	<b>Trinidad Chicken Rice</b> Served with Two Vegetables	<b>Roast Gammon</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> Served with Wholemeal Pasta and Two Vegetables	<b>Breaded Fish</b> Served with Chips and Two Vegetables
Alternative Dish	<b>Vegetarian Bolognese</b> Served with Wholemeal Pasta and Two Vegetables	<b>Caribbean Vegetable Rice</b> Served with Two Vegetables	<b>Vegetable Pastry Roll</b> Served with Roast Potatoes and Gravy	<b>Vegetable Korma</b> Served with Wholemeal Rice and Two Vegetables	<b>Vegan Meatballs in Tomato Sauce</b> Served with Two Vegetables
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings
Pasta	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	<b>Two vegetable dishes available daily</b>				
Dessert	<b>Strawberry Ice Cream</b>	<b>Fruit Flapjack</b>	<b>Fruit Jelly and Custard</b>	<b>Orange, Sultana and Carrot Slice</b>	<b>Crispy Crackle Bar</b>

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