

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

Hot Main Dish	Cheese and Tomato Pizza  Served with Jacket wedges and Two Vegetables	Chicken Pie Served with Mashed Potato and Gravy	Roast Chicken Served with Roast Potatoes and Gravy	Beef Bolognese   Served with Wholemeal Pasta and Two Vegetables	Breaded Fish Served with Chips and Two Vegetables
Alternative Dish	Vegetarian Sausage   Served with Mashed Potato and Gravy	Macaroni Cheese  Served with Two Vegetables	Vegan Sausage Casserole   Served with Roast Potatoes and Gravy	Vegetarian Bolognese    Served with Wholemeal Pasta and Two Vegetables	Quorn Dippers  Served with Chips and Two Vegetables
Third Choice	-	Jacket Potato with Salmon Mayonnaise 	-	-	-
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
Pasta	Tomato Pasta    Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Two vegetable dishes available daily				
Dessert	Vanilla Ice Cream	Orange Drizzle cake	Oat Cookie with Fruit Slices  	Apple Crumble with Custard  	Plain Shortbread with fruit slices 

AUTUMN/WINTER 2022

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	Cheese and Tomato Pizza Served with Carrot and Cucumber Sticks	Pork Sausage Served with Mashed Potatoes and Gravy	Roast Chicken Served with Yorkshire Pudding, Mashed Potato and Gravy	Beef Keema Curry Served with Wholegrain Rice and Two Vegetables	Breaded Fish Served with Chips and Two Vegetables
Alternative Dish	Mixed Bean Pasta Served with Tomato Pizza Bread	Vegetable Lasagne Served with Garlic & Herb Wedge	Vegetable Pie Served with Yorkshire Pudding, Roast Potato and Gravy	Sweet Potato Masala Served with Wholegrain Rice and Two Vegetables 	Quorn Dippers Served with Chips and Two Vegetables
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
Pasta	Tomato Pasta Wholemeal Pasta with homemade Tomato Sauce Available every day 				
Vegetables	Two vegetable dishes available daily				
Dessert	Jam Sponge	Banana and Apricot Flapjack served with Fresh Fruit	Vanilla ice cream	Peach Slice	Strawberry Frozen Yoghurt with fruit slices

AVAILABLE EVERY DAY
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

Hot Main Dish

Cheese and Tomato Pizza

Served with Jacket wedges and Two Vegetables

Chicken Korma

Served with Two Vegetables

Roast Gammon

Served with Roast Potatoes and Gravy

Beef Bolognese

Served with Wholemeal Pasta and Two Vegetables

Breaded Fish

Served with Chips and Two Vegetables

Alternative Dish

Vegetarian Bolognese

Served with Wholemeal Pasta and Two Vegetables

Caribbean Vegetable Rice

Served with Two Vegetables

Vegetable Pastry Roll

Served with Roast Potatoes and Gravy

Vegetable Korma

Served with Wholemeal Rice and Two Vegetables

Vegan Meatballs in Tomato Sauce

Served with Two Vegetables

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

Pasta

Tomato Pasta

Wholemeal Pasta with homemade Tomato Sauce
Available every day

Vegetables

Two vegetable dishes available daily

Dessert

Strawberry Ice Cream

Fruit Flapjack

Strawberry Jelly

Orange, Sultana and Carrot Slice

Crispy Crackle Bar

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AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity!