

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, 05/12, , 03/01, 24/01, 14/02, 07/03, 28/03,



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Macaroni Cheese Served with Veg	Chicken Tikka Masala With Rice, Salad	Roast Turkey Served with Roast Potatoes, Veg and Gravy	Beef Bolognese Served with Wholemeal Pasta and Veg	Breaded Fish Served with Chips, Peas and Beans
Alternative Dish	Vegetarian Sausage Served with Mashed Potato and Gravy	Cheese and Tomato Pizza Served with Rice and Salad	Vegan Sausage Casserole Served with Veg	Vegetarian Bolognese Served with Wholemeal Pasta and Veg	Quorn Dippers Served with Chips, Peas and Beans
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	2 Vegetables	2 Vegetables	2 Vegetables	2 Vegetables	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, , 19/12, 10/01, 31/01, 21/02, 14/03, 04/04



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Cheese and Tomato Pizza Served with wedges, Carrot and Cucumber Sticks	Pork/Chicken Sausage Served with Mashed Potato and Veg	Roast Gammon/Chicken Served with Roast Potatoes, Veg and Gravy	Beef Keema Curry Served with Wholemeal Rice and Veg	Breaded Fish Served with Chips, Peas and Beans
Alternative Dish	Mixed Bean Pasta Served with Tomato Pizza Bread	Sweet Chilli Vegetable Noodles Served with Veg	Vegetable Pie Served Roast Potatoes, Veg and Gravy	Vegetable Lasagne Served with Garlic Bread and Veg	Vegetable Burger 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
Pasta	Tomato Pasta Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Carrot and Cucumber sticks	2 Vegetables	2 Vegetables	2 Vegetables	Peas and Beans
Dessert	Jam Sponge	Banana and Apricot Flapjack served with Fresh Fruit	Chocolate Ice Cream	Apple and Berry Crumble served with Custard	Strawberry Milkshake served with Fresh Fruit

AUTUMN/WINTER 2022

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, 26/12, 17/01, 07/02, 28/02, 21/03, 11/04



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Cheese and Tomato Pizza	Chicken Korma	Roast Pork/Chicken	Beef Bolognese	Southern Fried Chicken
	Served with Wedges with Veg	Served with Rice and Veg	Served with Roast Potatoes, Veg and Gravy	Served with Wholemeal Pasta and Veg	Served with Chips, Peas and Beans
Alternative Dish	Vegetable Chilli	Vegetable Chow Mein	Vegetable Pastry Roll	Vegetarian Bolognese	Vegan Meatballs in Tomato Sauce
	Served with Wholemeal Rice	Served with Veg	Served with Roast Potatoes, Veg and Gravy	Served with Pasta and Veg	Served with Chips, Peas and Beans
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
	With a choice of fillings	With a choice of fillings	With a choice of fillings	With a choice of fillings	With a choice of fillings
Pasta	Tomato Pasta				
	Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	2 Vegetables	2 Vegetables	2 Vegetables	2 Vegetables	Peas and Beans
Dessert	Strawberry Ice Cream	Fruit Flapjack	Mango Frozen Yoghurt	Orange, Sultana and Carrot Slice	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!