

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



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

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

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 Fruity! Nutritionist's choice Wholegrain Oily fish

# 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	<b>Cheese and Tomato Pizza</b>	<b>Jerk Chicken</b>	<b>Roast Pork/Chicken</b>	<b>Beef Bolognese</b>	<b>Southern Fried Chicken</b>
	Served with Wedges Peas and Carrots	Served with Wholemeal Rice Broccoli and Sweetcorn	Served with Roast Potatoes and Gravy	Served with Wholemeal Pasta, Sweetcorn and Green Beans	Served with Chips, Peas and Beans
Alternative Dish	<b>Vegetable Chilli</b>	<b>Vegetable Chow Mein</b>	<b>Vegetable Pastry Roll</b>	<b>Vegetarian Cottage Pie</b>	<b>Vegan Meatballs in Tomato Sauce</b>
	Served with Wholemeal Rice	Served with Broccoli and Sweetcorn	Served with Roast Potatoes and Gravy	Served with Sweetcorn, Green Beans and Gravy	Served with Chips, Peas and Beans
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>Peas and Carrots</b>	<b>Broccoli and Sweetcorn</b>	<b>Carrots and Cabbage</b>	<b>Sweetcorn and Green Beans</b>	<b>Peas and Beans</b>
Dessert	<b>Strawberry Ice Cream</b>	<b>Fruit Flapjack</b>	<b>Mango Frozen Yoghurt</b>	<b>Orange, Sultana and Carrot Slice</b>	<b>Chocolate Milkshake served with Chocolate Biscuit</b>

**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!