

# 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, 20/02, 13/03, 17/04



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Macaroni Cheese</b> Served with Peas and Carrots	<b>Chicken Pie</b> Served with Mashed Potato and Gravy	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> Served with Wholemeal Pasta, Broccoli and Sweetcorn	<b>Breaded Fish</b> Served with Chips, Peas and Beans
Alternative Dish	<b>Vegetarian Sausage</b> Served with Mashed Potato and Gravy	<b>Cheese and Tomato Pizza</b> Served with Sweetcorn and Salad	<b>Vegan Sausage Casserole</b> Served with Carrots and Cabbage	<b>Vegetarian Bolognese</b> Served with Wholemeal Pasta, Broccoli and Sweetcorn	<b>Quorn Dippers</b> Served with Chips, Peas and Beans
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato Pasta	<b>Jacket Potato</b> With a choice of fillings	<b>Tomato Pasta</b> -	<b>Jacket Potato</b> With Salmon Mayonnaise	<b>Tomato Pasta</b> -	<b>Jacket Potato</b> With a choice of fillings
Vegetables	<b>Carrots and Peas</b>	<b>Sweetcorn and Fresh Salad</b>	<b>Carrots and Cabbage</b>	<b>Broccoli and Sweetcorn</b>	<b>Peas and Beans</b>
Dessert	<b>Fresh Fruit Platter</b> 	<b>Hot Chocolate Sponge with Chocolate Custard</b>	<b>Vanilla Ice Cream</b>	<b>Fresh Fruit Platter</b> 	<b>Cheese and 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! Nutritionist's choice

# WEEK 2 MENU

W/C: 07/11, 28/11, 19/12, 09/01, 30/01, 27/02, 20/03, 24/04



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	<b>Cheese and Tomato Pizza</b> Served with Carrot and Cucumber Sticks	<b>Jerk Chicken</b> Served with Rice and Peas	<b>Roast Turkey</b> Served with Roast Potato and Gravy	<b>Keralan Chicken Curry</b> Served with Wholemeal Rice, Sweetcorn and Green Beans	<b>Southern Fried Chicken</b> Served with Chips, Peas and Beans
Alternative Dish	<b>Sweet Potato Curry</b> Served with Wholemeal Rice	<b>Sweet Chilli Vegetable Noodles</b> Served with Peas and Broccoli	<b>Vegetable Pie</b> Served with Mashed Potato and Gravy	<b>Vegetable Korma</b> Served with Wholemeal Rice, Sweetcorn and Green Beans	<b>Quorn Dippers</b> Served with Chips, Peas and Beans
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato Pasta	<b>Jacket Potato</b> With a choice of fillings	<b>Tomato Pasta</b> With a choice of fillings	<b>Jacket Potato</b> With Salmon Mayonnaise	<b>Tomato Pasta</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings
Vegetables	<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>
Dessert	<b>Fresh Fruit Platter</b>	<b>Chocolate and Banana Marble Cake</b>	<b>Chocolate Ice Cream</b>	<b>Fresh Fruit Platter</b>	<b>Cheese and 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! Nutritionist's choice

# WEEK 3 MENU

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	<b>Vegetable Bolognese</b> Served with Wholemeal Pasta	<b>Sweet and Sour Chicken</b> Served with Wholemeal Rice	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> Served with Wholemeal Pasta, Sweetcorn and Green Beans	<b>Breaded Fish</b> Served with Chips, Peas and Beans
Alternative Dish	<b>Vegetable Chilli</b> Served with Wholemeal Rice	<b>Vegetable Chow Mein</b> Served with Broccoli and Sweetcorn	<b>Vegetable Pastry Roll</b> Served with Roast Potatoes and Gravy	<b>Vegetarian Cottage Pie</b> Served with Sweetcorn, Green Beans and Gravy	<b>Vegetable Burger</b> Served with Chips, Peas and Beans
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato Pasta	<b>Jacket Potato</b> With a choice of fillings	<b>Tomato Pasta</b>	<b>Jacket Potato</b> With Salmon Mayonnaise	<b>Tomato Pasta</b>	<b>Jacket Potato</b> With a choice of fillings
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>Fresh Fruit Platter</b>	<b>Pineapple and Peach Crumble with Custard</b>	<b>Fruit Jelly</b>	<b>Fresh Fruit Platter</b>	<b>Cheese and 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

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