

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, 16/01, 06/02, 06/03, 27/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Macaroni Cheese Served with Peas and Carrots	Chicken Pie Served with Mashed Potato and Gravy	Roast Turkey Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholemeal Pasta, Broccoli and Sweetcorn	Breaded Fish Served with Chips, Peas and Beans
Alternative Dish	Vegetarian Sausage Served with Mashed Potato and Gravy	Cheese and Tomato Pizza Served with Sweetcorn and Salad	Vegan Sausage Casserole Served with Carrots and Cabbage	Vegetarian Bolognese Served with Wholemeal Pasta, Broccoli and Sweetcorn	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	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

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, 02/01, 23/01, 20/02, 13/03,



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Cheese and Tomato Pizza Served with Carrot and Cucumber Sticks	Chicken Noodle Stir Fry Served with Peas and Broccoli	Roast Gammon Served with Yorkshire Pudding, Mashed Potato and Gravy	Chicken Korma Curry Served with Wholemeal Rice, Sweetcorn and Green Beans	Breaded Fish Served with Chips, Peas and Beans
Alternative Dish	Mixed Bean Pasta Served with Tomato Pizza Bread	Sweet Chilli Vegetable Noodles Served with Peas and Broccoli	Vegetable Bolognese Served with Mashed Potato and Gravy	Sweet Potato Masala Served with Wholemeal Rice, Sweetcorn and Green Beans	Quorn Dippers 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	Peas and Broccoli	Carrots and Cabbage	Sweetcorn and Green Beans	Peas and Beans
Dessert	Jam Sponge	Chocolate and Banana Marble Cake	Chocolate Ice Cream With Fruit Slices	Apple and Berry Crumble served with Custard	Strawberry Milkshake served with Fresh Fruit

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, 09/01, 30/01, 27/02, 20/03,



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Cheese and Tomato Pizza Served with Peas and Carrots	Sweet and Sour Chicken Served with Wholemeal Rice	Roast Pork Served with Roast Potatoes and Gravy	Caribbean Chicken and Rice Served with Wholemeal Pasta, Sweetcorn and Green Beans	Southern Fried Chicken Served with Chips, Peas and Beans
Alternative Dish	Vegetable Chilli Served with Wholemeal Rice	Vegetable Chow Mein Served with Broccoli and Sweetcorn	Vegetable Pastry Roll Served with Roast Potatoes and Gravy	Vegetarian Cottage Pie Served with Sweetcorn, Green Beans and Gravy	Vegan Meatballs in Tomato Sauce 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	Peas and Carrots	Broccoli and Sweetcorn	Carrots and Cabbage	Sweetcorn and Green Beans	Peas and Beans
Dessert	Strawberry Ice Cream	Fruit Flapjack	Fruit Jelly and Custard	Chocolate Slice	Chocolate Milkshake served with Chocolate Biscuit

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

Vegetarian Oily fish Wholegrain Fruity!