

# 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, 13/02, 06/03, 27/03



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 Turkey</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> Served with Wholemeal Pasta, Broccoli and Sweetcorn	<b>Southern Fried Chicken</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 Potato Wedges	<b>Vegan Sausage Casserole</b> Served with Roast Potatoes	<b>Vegetarian Bolognese</b> Served with Wholemeal Pasta, Broccoli and Sweetcorn	<b>Quorn Dippers</b> Served with Chips, Peas and Beans
Third Choice	-	<b>Jacket Potato with Salmon Mayonnaise</b>	-	-	-
Salads	<b>Freshly Prepared Salads</b> Available every day				
Pasta or Sandwich	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato sauce	<b>Ham or Cheese sandwich</b> Served with vegetable, salad Dessert ,fruit or yoghurt	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato Sauce	<b>Ham or Cheese sandwich</b> Served with vegetable, salad Dessert ,fruit or yoghurt	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato Sauce
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
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>Vanilla Ice Cream</b>	<b>Hot Chocolate Sponge with Chocolate Custard</b>	<b>Oat Cookie with Fruit Slices</b>	<b>Apple Crumble with Custard</b>	<b>Ice Cream Milkshake with Shortbread</b>

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, 20/02, 13/03, 03/04



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	<b>Cheese and Tomato Pizza</b> ✓ Served with Potato Wedges	<b>Pork Sausage</b> Served with Mash Potato and Gravy	<b>Roast Chicken</b> Served with Yorkshire Pudding, Mashed Potato 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
Alternative Dish	<b>Mixed Bean Pasta</b> ✓ 🍷 Served with Tomato Pizza Bread	<b>Vegetable Lasagne</b> ✓ Served with Peas and Broccoli	<b>Vegetable Pie</b> ✓ 🍷 Served with Mashed Potato and Gravy	<b>Cauliflower and Sweet Potato Masala</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				
Pasta or Sandwich	<b>Tomato Pasta</b> ✓ 🌿 Wholemeal Pasta with homemade Tomato Sauce	<b>Ham or cheese sandwich</b> Served with vegetable, salad Dessert ,fruit or yoghurt	<b>Tomato Pasta</b> ✓ 🌿 Wholemeal Pasta with homemade Tomato Sauce	<b>Ham or cheese sandwich</b> Served with vegetable, salad Dessert ,fruit or yoghurt	<b>Tomato Pasta</b> ✓ 🌿 Wholemeal Pasta with homemade Tomato Sauce
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
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>Jam Sponge And custard</b>	<b>Banana and Apricot Flapjack</b> 🍷 served with Fresh Fruit 🍏	<b>Chocolate Ice Cream</b>	<b>Apple and Berry Crumble served with Custard</b> 🍏 🍷	<b>Chocolate Shortbread with Fruit Slices</b> 🍏

**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, 27/02, 20/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	<b>Cheese and Tomato Pizza</b> Served with Potato Wedges	<b>Sweet and Sour Chicken</b> Served with Wholemeal Rice	<b>Roast Pork</b> Served with Roast Potatoes and Gravy	<b>Caribbean Chicken Rice</b> Served with Sweetcorn and Green Beans	<b>Breaded Fish</b> Served with Chips, Peas and Beans
Alternative Dish	<b>Vegetarian Bolognese</b> Served with Wholemeal Pasta	<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>Vegan Meatballs in Tomato Sauce</b> Served with Chips, Peas and Beans
Salads	<b>Freshly Prepared Salads</b> Available every day				
Pasta or Sandwich	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato	<b>Ham or cheese sandwich</b> Served with vegetable, salad Dessert ,fruit or yoghurt	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato	<b>Ham or cheese sandwich</b> Served with vegetable, salad Dessert ,fruit or yoghurt	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato
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
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>Fruit Jelly and Custard</b>	<b>Orange, Sultana and Carrot Slice</b>	<b>Crispy Crackle Bar</b>

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

Vegetarian Fruity! Nutritionist's choice Wholegrain Oily fish