

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, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Macaroni Cheese Served with Two Vegetables	Chicken Pie Served with Mashed Potato and Gravy	Roast Turkey Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholemeal Pasta and Two Vegetables	Breaded Fish Served with Chips and Two Vegetables
Alternative Dish	Vegetarian Sausage Served with Mashed Potato and Gravy	Cheese and Tomato Pizza Served with Vegetables and Salad	Vegan Sausage Casserole Served with Two Vegetables	Vegetarian Bolognese Served with Wholemeal Pasta and Two Vegetables	Quorn Dippers Served with Chips and Two Vegetables
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	Two vegetable dishes available daily				
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: xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Cheese and Tomato Pizza Served with Carrot and Cucumber Sticks	Chicken Noodle Stir Fry Served with Two Vegetables	Roast Gammon Served with Yorkshire Pudding, Mashed Potato and Gravy	Keralan Chicken Curry Served with Wholegrain Rice and Two Vegetables	Breaded Fish Served with Chips and Two Vegetables
Alternative Dish	Mixed Bean Pasta Served with Tomato Pizza Bread	Sweet Chilli Vegetable Noodles Served with Two Vegetables	Vegetable Pie Served with Mashed Potato and Gravy	Cauliflower and Sweet Potato Masala Served with Wholegrain Rice and Two Vegetables	Quorn Dippers Served with Chips and Two Vegetables
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	Two vegetable dishes available daily				
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

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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: xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx,



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Pesto Pasta Bake Served with Two Vegetables	Sweet and Sour Chicken Served with Wholegrain Rice	Scouse Served with Two Vegetables	Beef Bolognese Served with Wholemeal Pasta and Two Vegetables	Southern Fried Chicken Served with Chips and Two Vegetables
Alternative Dish	Vegetable Chilli Served with Wholemeal Rice	Vegetable Chow Mein Served with Two Vegetables	Vegetable Pastry Roll Served with Mash Potato and gravy	Vegetarian Cottage Pie Served with Two Vegetables and Gravy	Vegan Meatballs in Tomato Sauce Served with Chips and Two Vegetables
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	Two vegetable dishes available daily				
Dessert	Strawberry Ice Cream	Fruit Flapjack	Fruit Jelly and Custard	Orange, Sultana and Carrot Slice	Chocolate Milkshake served with Chocolate Biscuit

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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!**