

# 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, 16/1, 6/2, 6/3, 27/3



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**AUTUMN/WINTER 2022**

<b>Hot Main Dish</b>	<b>Cheese and Tomato Pizza</b> V Served with Sweetcorn and Salad	<b>Chicken Tikka Masala</b> Served with Rice, Sweetcorn and Salad	<b>Roast Turkey</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
<b>Alternative Dish</b>	<b>Sweet Potato Curry</b> V, HF Served with Rice	<b>Macaroni Cheese</b> V Served with Sweetcorn and Salad	<b>Vegan Sausage Casserole</b> V, HF Served with Carrots and Cabbage	<b>Vegetarian Bolognese</b> HF, V, GF Served with Wholemeal Pasta, Broccoli and Sweetcorn	<b>Quorn Dippers</b> V Served with Chips, Peas and Beans
<b>Third Choice</b>	-	<b>Jacket Potato with Salmon Mayonnaise</b> 🐟	-	-	-
<b>Salads</b>	<b>Freshly Prepared Salads</b> Available every day				
<b>Jacket Potato</b>	<b>Jacket Potato</b> V, HF With a choice of fillings	<b>Jacket Potato</b> V, HF With a choice of fillings	<b>Jacket Potato</b> V, HF With a choice of fillings	<b>Jacket Potato</b> V, HF With a choice of fillings	<b>Jacket Potato</b> V, HF With a choice of fillings
<b>Pasta</b>	<b>Tomato Pasta</b> V, GF Wholemeal Pasta with homemade Tomato Sauce Available every day				
<b>Vegetables</b>	<b>Sweetcorn and Fresh Salad</b>	<b>Peas and Carrots</b>	<b>Carrots and Cabbage</b>	<b>Broccoli and Sweetcorn</b>	<b>Peas and Beans</b>
<b>Dessert</b>	<b>Vanilla Ice Cream</b>	<b>Carrot and Pineapple Slice</b> 🍏	<b>Oat Cookie with Fruit Slices</b> 🍏	<b>Secret Brownie</b>	<b>Lemon Slice</b>

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

V Vegetarian 🐟 Oily fish 🌿 Wholegrain 🍏 Fruity! ❤️ Nutritionist's choice

# WEEK 2 MENU

W/C: 7/11, 28/11, 2/1, 23/1, 20/2, 13/3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	<b>Cheese and Tomato Pizza</b> 🌿 V Served with Carrot and Cucumber Sticks	<b>Sausage with Mash and Gravy</b> Served with Peas and Broccoli	<b>Roast Chicken or Pork</b> Served with Yorkshire Pudding, Roast Potatoes 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>Chinese Vegetable Noodles</b> 🍷 V	<b>Vegetarian Sausage with Mash and Gravy</b> V Served Peas and Broccoli	<b>Vegetable Pie</b> V Served with Mashed Potato and Gravy	<b>Cauliflower and Sweet Potato Masala</b> 🌿 V Served with Wholemeal Rice, Sweetcorn and Green Beans	<b>Quorn Dippers</b> V Served with Chips, Peas and Beans
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato	<b>Jacket Potato</b> V 🍷 With a choice of fillings	<b>Jacket Potato</b> V 🍷 With a choice of fillings	<b>Jacket Potato</b> V 🍷 With a choice of fillings	<b>Jacket Potato</b> V 🍷 With a choice of fillings	<b>Jacket Potato</b> V 🍷 With a choice of fillings
Pasta	<b>Tomato Pasta</b> V 🌿 Wholemeal Pasta with homemade Tomato Sauce Available every day				
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</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>Chocolate Shortbread</b>

AUTUMN/WINTER 2022



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YOGHURT AND FRESH FRUIT

V Vegetarian 🐟 Oily fish 🌿 Wholegrain 🍏 Fruity! 🍷 Nutritionist's choice

# WEEK 3 MENU

W/C: 14/11, 5/12, 9/1, 30/1, 27/2, 20/3



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	<b>Cheese and Tomato Pizza</b>  Served with Peas and Carrots	<b>Trinidad 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>Vegan Balls in Tomato Sauce</b>  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>Fruit Jelly</b>	<b>Carrot Cake</b>	<b>Crispy Crackle Bar</b>

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 WATER, SALAD, FRESHLY BAKED BREAD  
 YOGHURT AND FRESH FRUIT

Vegetarian 
 Oily fish 
 Wholegrain 
 Fruity!