

# 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

Hot Main Dish	<b>Cheese and Tomato Pizza</b> Sweetcorn Served with Garlic Bread	<b>Chicken Korma</b>  Served with Wholemeal Rice	<b>Roast Turkey</b>  Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b>	<b>Breaded Fish</b>  Served with Chips, Peas and Beans
Alternative Dish	<b>Vegetable Biryani</b>	<b>Macaroni Cheese</b>	<b>Vegan Sausage Casserole</b>	<b>Vegetarian Bolognese</b>	<b>Quorn Dippers</b>
Third Choice	-	<b>Jacket Potato with Salmon Mayonnaise</b>	-	-	-
Salads	<b>Freshly Prepared Salad Bar</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
Vegetables	<b>Carrots and Peas</b>	<b>Sweetcorn and Fresh Salad</b>	<b>Carrots and Cabb</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>Lemon Slice</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: 7/11, 28/11, 19/12, 09/01, 30/01, 20/02, 13/03.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	<b>Cheese and Tomato Pizza</b> Garlic Bread Served with sweetcorn	<b>Pork Sausage</b> Served with Peas and Broccoli	<b>Roast Gammon</b> Served with Yorkshire Pudding, Roast Potato and Gravy	<b>Keralan Chicken Curry</b> Served with 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>Veggie Sausage and Mash</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 Salad Bar</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>				
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>Strawberry Milkshake served with Fresh Fruit</b>

AUTUMN/WINTER 2022

**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, 26/12, 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> Garlic Bread Served with Peas and Carrots	<b>Sweet and Sour Chicken</b> Served with Wholemeal Rice	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>Cottage Pie</b>  Served with Wholemeal Pasta, Sweetcorn and Green Beans	<b>Southern Fried Chicken</b> Served with Chips, Peas and Beans
Alternative Dish	<b>Vegetable Chilli</b>  Served with Wholemeal Rice	<b>Vegan Meatballs &amp; Pasta</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 Salad Bar</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 and Custard</b>	<b>Orange, Sultana and Carrot Slice</b>	<b>Chocolate Milkshake served with Chocolate 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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