

# THREE WEEK MENU

Autumn/Winter 2022

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN



YOUR FAVOURITES AVAILABLE EVERY DAY



# WEEK 1 MENU

W/C: 07/11, 28/11, 19/12, 09/01, 30/01, 20/02, 13/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Macaroni Cheese	Chicken Korma (H)	Roast Turkey (H)	Beef Bolognese (H)	Breaded Fish Fingers
		Served with Wholegrain Rice	Served with Roast Potatoes and Gravy	Served with Wholemeal Pasta	Served with Chips
Alternative Dish	Vegetarian Sausage	Cheese and Tomato Pizza	Vegan Sausage Casserole	Vegetarian Bolognese	Quorn Dippers
	Served with Mashed Potato and Gravy	Served with Potato Wedges	Served with Roast Potatoes	Served with Wholemeal Pasta	Served with Chips
Third Choice	-	Jacket Potato with Salmon Mayonnaise	-	-	-
Salad Bar	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 Salad (Salad Bar)	Tomato Pasta Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Carrots and Green Beans	Sweetcorn and Peas	Carrots and Cabbage	Broccoli and Sweetcorn	Peas and Beans
Dessert	Banana Cake with Custard	Hot Chocolate Sponge with Chocolate custard	Oat Cookie with Fruit	Apple Crumble with Custard	Ice Cream Milkshake with Shortbread

**PACKED LUNCH – AVAILABLE DAILY**

HAM, CHEESE OR TUNA SANDWICH,  
SALAD, 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

**(H) Halal Option Available**

Internal

# WEEK 2 MENU

W/C: 14/11, 05/12, 26/12, 16/01, 06/02, 27/02, 20/03



AUTUMN/WINTER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Cheese and Tomato Pizza</b> Served with Potato Wedges and Houmous	<b>Pork Sausage or Chicken Sausages (H)</b> Served with Mash Potatoes & Gravy	<b>Roast Chicken (H)</b> Served with Yorkshire Pudding, Mashed Potato and Gravy	<b>Beef Lasagne (H)</b> Served with Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
Alternative Dish	<b>Mixed Bean Pasta</b> Served with Tomato Pizza Bread	<b>Sweet Chilli Vegetable Noodles</b>	<b>Vegetable Pie</b> Served with Mashed Potato and Gravy	<b>Vegetable Lasagne</b>	<b>Quorn Dippers</b>
Salad Bar	<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 Salad (Salad Bar)	<b>Tomato Pasta</b> 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>Carrot and Pineapple Cake with Vanilla Ice Cream</b>	<b>Orange Shortbread served with Sliced Fruit</b>	<b>Apple and Berry Crumble served with Custard</b>	<b>Strawberry Milkshake with Chocolate Raspberry Swirl Cake</b>

**PACKED LUNCH – AVAILABLE DAILY**

HAM, CHEESE OR TUNA SANDWICH, SALAD, FRESH FRUIT DESSERT OF THE DAY

**AVAILABLE EVERY DAY**

WATER, SALAD, FRESHLY BAKED BREAD YOGHURT AND FRESH FRUIT

Internal

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

**(H) Halal Option Available**





# WEEK 3 MENU

W/C: 21/11, 12/12, 02/01, 23/01,  
13/02, 06/03, 27/03



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Hot Main Dish

Pesto Pasta Bake

Chinese Chicken Noodles (H)

Served with Wholemeal Rice

Roast Pork or Roast Chicken (H)

Served with Roast Potatoes and Gravy

Cottage Pie (H)

Served with Gravy

Southern Fried Chicken (H)

Served with Chips

Alternative Dish

Vegetarian Bolognese

Served with Wholemeal Pasta

Vegetable Chow Mein

Served with Wholemeal Rice

Vegetable Pastry Roll

Served with Roast Potatoes and Gravy

Vegetarian Cottage Pie

Served with Gravy

Vegan Meatballs in Tomato Sauce

Served with Chips

Salad Bar

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 Salad (Salad Bar)

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, Beans or Coleslaw

Dessert

Peach and Berry Oatie Crumble with Custard

Fruit Flapjack

Fruit Jelly and Custard

Chocolate Slice

Chocolate Milkshake served with Chocolate Biscuit

AUTUMN/WINTER 2022

### PACKED LUNCH – AVAILABLE DAILY

HAM, CHEESE OR TUNA SANDWICH  
SALAD, 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

(H) Halal Option Available