

THREE WEEK MENU

Autumn/Winter 2022

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN

YOUR FAVOURITES AVAILABLE EVERY DAY



WEEK 1 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheese and Tomato Pizza 



Served with Jacket wedges

Chicken Pie

Served with Mashed Potato and Gravy

Roast Turkey

Served with Roast Potatoes and Gravy

Beef Bolognese  

Served with Wholemeal Pasta

Breaded Fish

Served with Chips and Two Vegetables

Alternative Dish

Vegetarian Sausage  

Served with Mashed Potato and Gravy

Macaroni Cheese 

Served with Two Vegetables

Vegan Sausage Casserole  

Served with Two Vegetables

Vegetarian Bolognese   

Served with Wholemeal Pasta

Quorn Dippers 

Served with Chips and Two Vegetables

Salads

Freshly Prepared Salads
Available every day

Jacket Potato

Jacket Potato 

With salmon mayonnaise

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  

Secret Brownie


Plain Shortbread with Fruit Slices 

AUTUMN/WINTER 2022

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

 **Vegetarian**



 **Wholegrain**































 **Fruity!**




Nutritionist's choice

WEEK 2 MENU


AUTUMN/WINTER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Cheese and Tomato Pizza  Served with Carrot and Cucumber Sticks 	Pork Sausage Served with Mashed Potatoes and Gravy	Roast Chicken Served with Yorkshire Pudding, Mashed Potato and Gravy	Beef Lasagne Served with a Garlic and Herb Bread Wedge	Breaded Fish Served with Chips and Two Vegetables
Alternative Dish	Mixed Bean Pasta  Served with Tomato Pizza Bread  	Vegetable Lasagne 	Vegetable Pie 	Cauliflower and Sweet Potato Masala    	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	Raspberry Ripple Cake	Strawberry Frozen Yoghurt  with fresh fruit slices

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

 **Vegetarian**

Wholegrain 

Fruity! 

 **Nutritionist's choice**

WEEK 3 MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Macaroni Cheese Served with Two Vegetables	Jerk Chicken Served with Wholemeal Rice	Roast Gammon Served with Roast Potatoes and Gravy	Cottage Pie Served with Two Vegetables	Breaded Fish Served with Chips and Two Vegetables
Alternative Dish	Vegan Chilli Served with Wholemeal Rice	Vegetable Chow Mein Served with Wholemeal Rice	Vegetable Pastry Roll Served with Roast Potatoes and Gravy	Vegetarian Cottage Pie Served with Two vegetables	Vegetable Burger 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 with Fresh Fruit Slices	Fruit Flapjack	Fruit Jelly and Custard	Chocolate Slice	Crispy Crackle Bar

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
 YOGHURT AND FRESH FRUIT

Vegetarian

Wholegrain Fruity!

