

# THREE WEEK MENU

Autumn/Winter 2022

OUR NEW  
MENU CHOSEN  
BY PARENTS  
AND CHILDREN



YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



# WEEK 1 MENU

W/C: 29/08/22; 19/09/22; 10/10/22; 31/10/22;  
21/11/22; 12/12/22; 02/01/23; 23/01/23; 13/02/23



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	<b>Macaroni Cheese</b> Served with Peas and Carrots	<b>Chicken Pie</b> Served with Mashed Potato and Gravy	<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
Alternative Dish	<b>Vegetarian Sausage</b> Served with Mashed Potato and Gravy	<b>Cheese and Tomato Pizza</b> Served with Sweetcorn and Salad	<b>Vegan Sausage Casserole</b> Served with Carrots and Cabbage	<b>Vegetarian Bolognese</b> Served with Wholemeal Pasta, Broccoli and Sweetcorn	<b>Quorn Dippers</b> Served with Chips, Peas and Beans
Third Choice	-	<b>Jacket Potato with Salmon Mayonnaise</b> -	-	-	-
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>Carrots and Peas</b>	<b>Sweetcorn and Fresh Salad</b>	<b>Carrots and Cabbage</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>Secret Brownie</b>	<b>Ice Cream Milkshake with Shortbread</b>

**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: 05/09/22; 26/09/22; 17/10/22; 07/11/22;  
28/11/22; 19/12/22; 09/01/23; 30/01/23; 20/02/23;  
20/03/23



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	<b>Cheese and Tomato Pizza</b> Served with Carrot and Cucumber Sticks	<b>Chicken Noodle Stir Fry</b> Served with Peas and Broccoli	<b>Roast Gammon</b> Served with Yorkshire Pudding, Mashed Potato 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>Mixed Bean Pasta</b> Served with Tomato Pizza Bread	<b>Sweet Chilli Vegetable Noodles</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 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>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>Raspberry Ripple Cake</b>	<b>Strawberry Milkshake served with Fresh Fruit</b>

**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: 12/09/22; 03/10/22; 24/10/22; 14/11/22;  
05/12/22; 16/01/23; 06/02/23; 27/02/23; 06/03/23;  
27/03/23



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	<b>Pesto Pasta Bake</b> Served with Peas and Carrots	<b>Sweet and Sour Chicken</b> Served with Wholemeal Rice	<b>Roast Pork</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</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>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 Meatballs 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 and Custard</b>	<b>Orange, Sultana and Carrot Slice</b>	<b>Chocolate Milkshake served with Chocolate Biscuit</b>

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD  
YOGHURT AND FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity!