

Autumn Winter 2022 Menu Option B

-  Added from Power
-  Vegan
-  Wholemeal

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

Monday

Tuesday





Wednesday

Thursday

Friday

Week One

31/10/22
21/11/22
12/12/22
02/01/23
23/01/23
13/02/23
06/03/23
27/03/23
17/04/23
08/05/23
29/05/23

Option 1	Cheesy Swirl with New Potatoes	Chicken Curry with Rice	 Roast of the Day with Stuffing, Roast Potatoes and Gravy	Build a Burger Day A choice of Burger (meat, veggie or vegan)  Toppings and Potato Wedges	Fishfingers/ Salmon Fishfingers with Chips
Option 2	Tomato Pasta	Veggie Wrap Stack with Rice	 Crunchy Top Veg Bake with Roast Potatoes	 Cheese Omelette with Chips	
Vegetables	Cauliflower Green Beans	Peas Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
Dessert	Pear and Chocolate Crumble with Custard	Yoghurt & Raisin Cake	Fresh Fruit and Yoghurt Station	Seasonal Root Cake	Vanilla Shortbread

Or a choice of Yoghurt & Fresh Fruit available daily

Week Two

07/11/22
28/11/22
19/12/22
09/01/22
30/01/23
20/02/23
13/03/23
03/04/23
24/04/23
15/05/23

Option 1	<div><div>Mac and Cheese Station</div><div></div></div>	Chicken Pie with Mashed Potato 	Sausage, Onions and Gravy with Roast Potatoes	Spaghetti Bolognaise with Garlic Bread 	Fishfingers with Chips
Option 2	A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Veggie Shepherd's Pie with Gravy 	Cauliflower and Broccoli Cheese with Roast Potatoes	Vegetable Fajitas with Rice  	Mexican Roll with Chips 
Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Brussel Sprouts	Green Beans Roasted Butternut Squash	Peas Baked Beans
Dessert	Jelly with Mandarins 	Chocolate Drizzle Cake	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard	Oaty Cookie  

Or a choice of Yoghurt & Fresh Fruit available daily

Week Three

14/11/22
05/12/22
26/12/22
16/01/23
06/02/23
27/02/23
20/03/23
10/04/23
01/05/23
25/05/23

Option 1	Cheese and Tomato Pizza	Sausage Roll with Potato Wedges	Quirky Bird  A choice of flavoured chicken or vegan Quorn, With Potato Wedges and Salads	Sticky Chicken Noodles	Fishfingers with Chips
Option 2	Veggie Chilli with Rice	Veggie Sausage with Potato Wedges	 Chinese Vegetable Curry with Rice	 Cheese Quiche with Chips	
Vegetables	Green Beans Carrots	Baked Beans Sweetcorn	Cauliflower Peas	Broccoli Carrots	Mushy Peas Baked Beans
Dessert	Marble Cake	Chocolate Cookie	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard	Apple, Cheese and Crackers

Or a choice of Yoghurt & Fresh Fruit available daily