

WEEK 1 MENU

W/C: 08/01 29/01 26/02 18/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Dish 1

Chilli non Carne
with Wholegrain Rice
and Crispy Tortilla



Beef Lasagne
with Garlic and
Herb Bread



Roast Chicken
with Roast Potatoes
and Gravy

West African
Vegetable Jollof Rice
with Broccoli & Sweetcorn



Breaded Fish Fingers
or Jerk Chicken
with Chips

Main Dish 2

Chinese Stir Fry
Vegetable Noodles



Veggie Sausage Pasta Bake
with Garlic and Herb Bread



Jacket Potato with Salmon
Mayonnaise



Vegetable Pastry Roll
with Roast Potatoes
and Gravy



Macaroni Cheese
with Broccoli
and Sweetcorn



Veggie Burger in Bun
with Chips



Schools Choice

Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette



Vegetables

Carrots
Peas

Sweetcorn
Green Beans

Cabbage
Carrots

Broccoli
Sweetcorn

Baked Beans
Peas

Salads

Pasta Salad, Carrot,
Tomato, Cucumber, Lettuce

Noodle Salad, Peppers,
Tomato, Cucumber, Lettuce

Cous Cous Salad, Sweetcorn,
Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato,
Cucumber, Lettuce

Coleslaw, Sweetcorn, Tomato,
Cucumber, Lettuce

Dessert

Organic Yoghurt
& Fresh Fruit Slices



Organic Yoghurt
& Fresh Fruit Salad



Organic Yoghurt
& Fresh Fruit Bowl



Organic Yoghurt
& Fresh Fruit Salad



Organic Yoghurt
& Fresh Fruit Slices



Orange Drizzle Slice
with Fresh Fruit



Chocolate Sponge
with Chocolate Custard

Cheese & Biscuits
with Fresh Apple Slices



Pineapple Upside Down
Cake with Custard

Shortbread
with Vanilla Ice Cream

Water, Organic Milk & Freshly Baked Bread available daily

We offer medical diet and allergen support, please speak to your school office in the first instance.

Vegetables & Fruit are subject to seasonal variation. Menu is subject to availability and individual school changes.

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

Vegan



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WEEK 2 MENU

W/C: 15/01 05/02 04/03 25/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Dish 1

Cheese and Tomato Pizza with Potato Wedges

Spiced Beef Pie with Mash Potato & Gravy

Roast Turkey with Roast Potatoes and Gravy

Raheem's Caribbean Chickpea Curry with Wholegrain Rice
VE

Southern Fried Chicken Goujon Or Fish Fingers with Chips

Main Dish 2

Vegetarian Cottage Pie with Gravy
VE

Stir Fry Vegetable Rice with Carrots & Peas
VE

Cheesy Leek & Carrot Crumble with Roast Potatoes & Gravy

Vegetable Lasagne with Garlic and Herb Bread

Crispy Quorn Nuggets with Chips
VE

Schools Choice

Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette
VE **VE** **VE**

Vegetables

Sweetcorn
Green Beans

Peas
Carrots

Cabbage
Sweetcorn

Broccoli
Carrots

Baked Beans
Peas

Salads

Pasta Salad, Carrot, Tomato, Cucumber, Lettuce

Noodle Salad, Peppers, Tomato, Cucumber, Lettuce

Cous Cous Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Coleslaw, Sweetcorn, Tomato, Cucumber, Lettuce

Dessert

Organic Yoghurt & Fresh Fruit Slices

Organic Yoghurt & Fresh Fruit Slices

Organic Yoghurt & Fresh Fruit Bowl

Organic Yoghurt & Fresh Fruit Salad

Organic Yoghurt & Fresh Fruit Slices

Apple Crumble with Custard

Crunchy Chocolate Biscuit with Fresh Fruit Slices

Vanilla Sponge with Custard

Carrot Cake with Fresh Fruit Slices

Strawberry Ice Cream with Oat Cookie

Water, Organic Milk & Freshly Baked Bread available daily

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Vegetarian **Oily fish** **Wholegrain** **Fruity!** **Nutritionist's choice**
VE **Vegan**



AUTUMN/WINTER 2023



WEEK 3 MENU

W/C: 22/01 19/02 11/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Dish 1

Sweet Chilli Vegetable Noodles
V

Sausage Pasta Bake with Garlic and Herb Bread
🌿

Roast Chicken with Roast Potatoes & Gravy

Chinese Vegetable Egg Fried Rice
V 🌿 🍷

Breaded Fish Fingers Or BBQ Chicken with Chips

Main Dish 2

Cheese and Tomato Pizza with Potato Wedges
V 🌿

Mexican Vegetable Tortilla Pie with Wholegrain Rice
V 🌿 🍷

Creamy Vegetable Pie with Roast Potatoes & Gravy
V

Macaroni Cheese with Broccoli and Carrots
V

Veggie Hot Dog with Chips
V VE

Schools Choice

Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette
V VE 🌿 🍷 V VE 🍷 V VE 🌿

Vegetables

Sweetcorn Peas

Green Beans Carrots

Cabbage Sweetcorn

Broccoli Carrots

Baked Beans Peas

Salads

Pasta Salad, Carrot, Tomato, Cucumber, Lettuce

Noodle Salad, Peppers, Tomato, Cucumber, Lettuce

Cous Cous Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Coleslaw, Sweetcorn, Tomato, Cucumber, Lettuce

Dessert

Organic Yoghurt & Fresh Fruit Slices 🍏

Organic Yoghurt & Fresh Fruit Slices 🍏

Organic Yoghurt & Fresh Fruit Bowl 🍏

Organic Yoghurt & Fresh Fruit Salad 🍏

Organic Yoghurt & Fresh Fruit Slices 🍏

Apple & Cinnamon Bake with Custard 🍏

Original Flapjack with Fresh Fruit 🍏

Strawberry Jelly with Fresh Fruit Slices 🍏

Banana Cake with Custard 🍏

Chocolate Brownie with Fresh Fruit Slices 🍏

Water, Organic Milk & Freshly Baked Bread available daily

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V Vegetarian 🐟 Oily fish 🌿 Wholegrain 🍏 Fruity! 🍷 Nutritionist's choice
VE Vegan



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