

# THREE WEEK MENU

Autumn/Winter 2022

OUR NEW  
MENU CHOSEN  
BY PARENTS  
AND CHILDREN



YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



# WEEK 1 MENU

W/C: 31/10, 21/11, 12/12, 02/01, 23/01, 13/02, 06/03, 27/03



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**AUTUMN/WINTER 2022**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Macaroni Cheese	BBQ Chicken Melt with Rice	Roast Turkey & Roast Potatoes with Gravy	Minced Beef & Pasta in a Bolognese Sauce	Breaded Fish with Chips
Alternative Dish	Vegetarian Sausage, Mashed Potato and Gravy	Cheese and Tomato Pizza	Vegetarian Sausage and Bean Casserole with Roast Potatoes	Vegetarian Bolognese with Pasta	Quorn Dippers with Chips
Salads	Freshly Prepared Salads Available every day		Freshly Prepared Salads Available every day		Freshly Prepared Salads Available every day
Jacket Potato	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Tuna Mayo	Jacket Potato with Baked Beans	Jacket Potato with Cheese
Vegetables	Two vegetables available daily		Two vegetables available daily		Two vegetables available daily
Dessert	Vanilla Ice Cream	Chocolate & Blackcurrant Cake with Chocolate Custard	Oatie Cookie	Apple Crumble with Custard	Lemon Muffin

**PACKED LUNCH – AVAILABLE DAILY**  
HAM OR CHEESE SANDWICH *with*  
SALAD AND FRESH FRUIT,  
DESSERT OF THE DAY

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



# WEEK 2 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	Cheese & Tomato Pizza	Pork Sausages and Mashed Potatoes with Gravy	Roast Chicken, Mashed Potatoes and Yorkshire Pudding with Gravy	Chicken Korma with Rice	Breaded Fish with Chips
Alternative Dish	Macaroni Cheese	Mild Asian Vegetable noodles	Vegetable Pie with Mashed Potatoes and Gravy	Cheese & Tomato Pasta	Quorn Dippers with Chips
Salads	Freshly Prepared Salads Available every day		Freshly Prepared Salads Available every day		Freshly Prepared Salads Available every day
Jacket Potato	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Tuna & Salmon Mayo	Jacket Potato with Baked Beans	Jacket Potato with Cheese
Vegetables	Two vegetables available daily		Two vegetables available daily		Two vegetables available daily
Dessert	Jam Sponge	Chocolate & Blackcurrant Cake	Chocolate Mousse	Apple & Berry Crumble with Custard	Crunchy Cluster

**PACKED LUNCH – AVAILABLE DAILY**  
 HAM OR CHEESE SANDWICH *with*  
 SALAD AND FRESH FRUIT,  
 DESSERT OF THE DAY

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

# WEEK 3 MENU

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheese & Tomato Pizza

Chicken in Tomato & Basil Sauce with Rice

Roast Pork, Roast Potatoes with Gravy

Chicken Tikka with Rice

Southern Fried Chicken with Chips

Alternative Dish

Vegetarian Bolognese with Pasta

Macaroni Cheese

Quorn Roast with Roast Potatoes

Veggie Savoury Mince with Mashed Potatoes

Vegetarian Sausage with Chips

Salads

Freshly Prepared Salads Available every day

Freshly Prepared Salads Available every day

Freshly Prepared Salads Available every day

Jacket Potato

Jacket Potato with Baked Beans

Jacket Potato with Cheese

Jacket Potato with Tuna Mayo

Jacket Potato with Baked Beans

Jacket Potato with Cheese

Vegetables

Two vegetables available daily

Two vegetables available daily

Two vegetables available daily

Dessert

Milk Chocolate Flapjack

Apple & Mango Drizzle Sponge with Custard

Iced Lemon Cake

Carrot Cake with Frosting

Chocolate Cookie

AUTUMN/WINTER 2022

**PACKED LUNCH – AVAILABLE DAILY**  
HAM OR CHEESE SANDWICH *with* SALAD AND FRESH FRUIT, DESSERT OF THE DAY

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