

WEEK 2 MENU

W/C: 07/11 28/11 09/01 30/01
27/02 20/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Main Dish 1	Raheem's Caribbean Quorn Coconut Curry Served with Steamed Rice V V	Chicken Noodle Stir Fry Served with Peas and Broccoli	Roast Chicken Served with Roast Potatoes and Gravy	Cauliflower and Sweet Potato Masala Served with Wholemeal Rice, Sweetcorn and Green Beans VE V	Breaded Fish Fingers Served with Chips, Peas and Beans
Main Dish 2	Mixed Bean Pasta VE V with Tomato Pizza Bread	Sweet Chilli Vegetable Noodles Served with Peas and Broccoli V	Vegetable Pie Served with Mashed Potato and Gravy V	Vegetable Lasagne Served with Sweetcorn and Green Beans V	Quorn Dippers Served with Chips, Peas and Beans V Beef Bolognese Served with Wholemeal Pasta
Schools Choice	Freshly Made Tomato Pasta or Topped Jacket Potato with Tuna Mayo, Cheese, Coleslaw, Beans or Filled Sandwich/Baguette V VE V VE V VE				
Vegetables	Sweetcorn & Carrots	Peas and Broccoli	Carrots and Cabbage	Green Beans & Sweetcorn	Peas and Beans
Salads	Coleslaw, Carrot, Tomato, Cucumber, Lettuce	Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce	Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce	Potato Salad, Carrot, Tomato, Cucumber, Lettuce	Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce
Dessert	Organic Yoghurt & Fresh Fruit Slices Orange Drizzle Cake with Custard	Organic Yoghurt & Fresh Fruit Slices Banana and Apricot Flapjack with Fruit Slices VE	Organic Yoghurt & Fresh Fruit Bowl Mango Frozen Yoghurt with Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Salad Apple and Berry Crumble VE with Custard	Organic Yoghurt & Fresh Fruit Slices Strawberry Milkshake with Orange Shortbread



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 individual school changes.

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