

WEEK 3 MENU

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Main Dish 1	Pesto Pasta Bake Served with Peas and Carrots V	Sweet and Sour Chicken Served with Wholemeal Rice WF	Roast Beef Served with Roast Potatoes and Gravy	Vegetable Korma Served with Rice, Sweetcorn and Green Beans V VE HF	Breaded Fish Fingers Served with Chips, Peas and Beans
Main Dish 2	Vegetable Chilli Served with Wholemeal Rice V VE WF HF	Vegetable Chow Mein Served with Broccoli and Sweetcorn V HF	Vegetable Pastry Roll Served with Roast Potatoes and Gravy V VE	Vegetarian Cottage Pie Served with Sweetcorn, Green Beans and Gravy V VE HF	Vegan Meatballs in Tomato Sauce served with Chips, Peas and Beans V VE HF Trinidad Chicken & Coconut Rice WF HF
Schools Choice	Freshly Made Tomato Pasta or Topped Jacket Potato with Tuna Mayo, Cheese, Coleslaw, Beans or Filled Sandwich/Baguette V VE WF HF V VE HF V VE				
Vegetables	Carrots and Peas	Broccoli & Sweetcorn	Carrots and Cabbage	Green Beans and 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 Lemon Drizzle Cake and Custard	Organic Yoghurt & Fresh Fruit Slices Fruit Flapjack with Fresh Fruit Slices VE	Organic Yoghurt & Fresh Fruit Bowl Strawberry Ice Cream with Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Salad Orange, Sultana and Carrot Slice with Fresh Fruit Salad VE	Organic Yoghurt & Fresh Fruit Slices Vanilla Milkshake served with Chocolate Biscuit

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 WF Wholegrain F Fruity! HF Nutritionist's choice
VE Vegan

