































## Menu - Winter 2022 – Spring 2023

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One</b>  31/10 21/11 12/12 16/01 06/02 06/03 27/03	Option 1	Cheese and Tomato Pizza 	Beef Lasagne * with Garlic Bread 	Roast Chicken * with Roast New Potatoes and Gravy	BBQ or Lemon & Herb Chicken* with Potato Wedges or Rice 	MSCw Fishfingers with Chips and Tomato Sauce
	Option 2	Veggie Chilli with Rice  	Mexican Bean Roll with Rice  	Crunchy Top Veg Bake with Roast New Potatoes 	BBQ or Lemon & Herb Quorn Fillets with Potato Wedges or Rice 	Cheese Quiche with Chips
	Vegetables	Carrots Green Beans	Broccoli Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Tomatoes	Garden Peas Baked Beans
	Dessert	Pear and Chocolate Crumble with Custard 	Raspberry Jelly with Peaches 	Vanilla Shortbread with Yoghurt	Yoghurt & Raisin Cake	Banana Sponge with Custard
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Two</b>  07/11 28/11 02/01 23/01 20/02 13/03	Option 1	Macaroni Cheese	Spaghetti Bolognese * with Garlic Bread 	Roast Chicken * with Roast Potatoes and Gravy	Chicken * Tikka Masala Curry with Rice  	Pork Sausages * with Chips and Tomato Sauce
	Option 2	Shepherdess Pie with Gravy 	Lentil & Basil Whirl with New Potatoes 	Cauliflower and Broccoli Cheese with Roast Potatoes	Vegetable Fajitas with Rice  	Veggie Sausages with Chips and Tomato Sauce 
	Vegetables	Green Beans Roasted Vegetables	Broccoli Sweetcorn	Carrots Roasted Butternut Squash	Cauliflower Green Beans	Garden Peas Baked Beans
	Dessert	Fresh Fruit Salad 	Peach Upside Down Cake with Custard	Oaty Cookie with Yoghurt	Marble Cake with Custard	Fruit with Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Three</b>  14/11 05/12 09/01 30/01 27/02 20/03	Option 1	Cheese Swirls with New Potatoes	Beef Burger* in a bun with Potato Wedges 	Roast Chicken * with Stuffing, Roast Potatoes and Gravy	Sticky Chicken * Noodles or Rice  	MSC Fishfingers with Chips and Tomato Sauce
	Option 2	Tomato Pasta 	Quorn Burger with Potato Wedges 	Vegetarian Wellington with Roast Potatoes 	Veggie Wrap Stack with Rice 	Cheese Omelette with Chips
	Vegetables	Green Beans Carrots	Roasted Peppers Sweetcorn	Carrots Roasted Parsnips	Broccoli Sweetcorn	Garden Peas Baked Beans
	Dessert	Rice Pudding with Berries	Fresh Fruit Salad 	Orange Jelly with Mandarins 	Peach Crumble with Custard 	Chocolate and Apple Cake with Chocolate Sauce
Or a choice of Yoghurt & Fresh Fruit available daily						

- Freshly cooked jacket potatoes available Monday, Tuesday and Thursday with a choice of fillings  
- Bread freshly baked on site daily  
- Daily salad selection

**\*Halal Option Available**

**ALLERGY INFORMATION:** If your child has an allergy or intolerance, please ask the school 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.