

## Menu - Winter 2022 – Spring 2023



	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 Gammon * with Roast New Potatoes and Gravy	BBQ Chicken* with Rice	MSC Salmon 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 Quorn Fillets with 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 Beef * 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	Peach Crumble and Custard	Fresh Fruit Salad	Orange Jelly with Mandarins	Shortbread and Yoghurt	Chocolate and Apple Cake with Chocolate Sauce
Or a choice of Yoghurt & Fresh Fruit available daily						

**Available Daily:**  
 - Freshly cooked jacket potatoes with a choice of fillings (where advertised)  
 - 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.