

# 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, xx/xx, xx/xx, xx/xx, xx/xx,  
xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx,  
xx/xx, xx/xx, xx/xx, xx/xx, xx/xx,



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

<b>Hot Main Dish</b>	<b>Macaroni Cheese</b>	<b>Chicken Pie</b>	<b>Roast Turkey</b>	<b>Beef Bolognese</b>	<b>Breaded Fish</b>
	Served with Two Vegetables	Served with Mashed Potato and Gravy	Served with Roast Potatoes and Gravy	Served with Wholemeal Pasta and Two Vegetables	Served with Chips and Two Vegetables
<b>Alternative Dish</b>	<b>Vegetarian Sausage</b>	<b>Cheese and Tomato Pizza</b>	<b>Vegan Sausage Casserole</b>	<b>Vegetarian Bolognese</b>	<b>Quorn Dippers</b>
	Served with Mashed Potato and Gravy	Served with Vegetables and Salad	Served with Two Vegetables	Served with Wholemeal Pasta and Two Vegetables	Served with Chips and Two Vegetables
<b>Third Choice</b>	-	<b>Jacket Potato with Salmon Mayonnaise</b>	-	-	-
<b>Salads</b>	<b>Freshly Prepared Salads</b> Available every day				
<b>Jacket Potato</b>	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings
<b>Pasta</b>	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato Sauce Available every day				
<b>Vegetables</b>	<b>Two vegetable dishes available daily</b>				
<b>Dessert</b>	<b>Vanilla Ice Cream</b>	<b>Hot Chocolate Sponge with Chocolate Custard</b>	<b>Oat Cookie with Fruit Slices</b>	<b>Apple Crumble with Custard</b>	<b>Ice Cream Milkshake with Shortbread</b>

**PACKED LUNCH – AVAILABLE DAILY**  
HAM OR CHEESE SANDWICH OR DAILY SPECIAL  
VEGETABLES AND FRESH FRUIT  
DESSERT OF THE DAY

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

**Vegetarian** **Oily fish** **Wholegrain** **Fruity!** **Nutritionist's choice**

# WEEK 2 MENU

W/C: xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx,  
xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx,  
xx/xx, xx/xx, xx/xx, xx/xx, xx/xx,



AUTUMN/WINTER 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	<b>Cheese and Tomato Pizza</b> Served with Carrot and Cucumber Sticks	<b>Chicken Noodle Stir Fry</b> Served with Two Vegetables	<b>Roast Gammon</b> Served with Yorkshire Pudding, Mashed Potato and Gravy	<b>Keralan Chicken Curry</b> Served with Wholegrain Rice and Two Vegetables	<b>Breaded Fish</b> Served with Chips and Two Vegetables
Alternative Dish	<b>Mixed Bean Pasta</b> Served with Tomato Pizza Bread	<b>Sweet Chilli Vegetable Noodles</b> Served with Two Vegetables	<b>Vegetable Pie</b> Served with Mashed Potato and Gravy	<b>Cauliflower and Sweet Potato Masala</b> Served with Wholegrain Rice and Two Vegetables	<b>Quorn Dippers</b> Served with Chips and Two Vegetables
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings
Pasta	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	<b>Two vegetable dishes available daily</b>				
Dessert	<b>Jam Sponge</b>	<b>Banana and Apricot Flapjack served with Fresh Fruit</b>	<b>Chocolate Ice Cream</b>	<b>Apple and Berry Crumble served with Custard</b>	<b>Strawberry Milkshake served with Fresh Fruit</b>

**PACKED LUNCH – AVAILABLE DAILY**  
 HAM OR CHEESE SANDWICH OR DAILY SPECIAL  
 VEGETABLES AND FRESH FRUIT  
 DESSERT OF THE DAY

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

**Vegetarian** **Oily fish** **Wholegrain** **Fruity!** **Nutritionist's choice**

Internal

# WEEK 3 MENU

W/C: xx/xx, xx/xx



AUTUMN/WINTER 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	<b>Pesto Pasta Bake</b>	<b>Sweet and Sour Chicken</b>	<b>Scouse</b>	<b>Beef Bolognese</b>	<b>Southern Fried Chicken</b>
	Served with Two Vegetables	Served with Wholegrain Rice	Served with Two Vegetables	Served with Wholemeal Pasta and Two Vegetables	Served with Chips and Two Vegetables
Alternative Dish	<b>Vegetable Chilli</b>	<b>Vegetable Chow Mein</b>	<b>Vegetable Pastry Roll</b>	<b>Vegetarian Cottage Pie</b>	<b>Vegan Meatballs in Tomato Sauce</b>
	Served with Wholemeal Rice	Served with Two Vegetables	Served with Mash Potato and gravy	Served with Two Vegetables and Gravy	Served with Chips and Two Vegetables
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato	<b>Jacket Potato</b>	<b>Jacket Potato</b>	<b>Jacket Potato</b>	<b>Jacket Potato</b>	<b>Jacket Potato</b>
	With a choice of fillings				
Pasta	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Two vegetable dishes available daily				
Dessert	<b>Strawberry Ice Cream</b>	<b>Fruit Flapjack</b>	<b>Fruit Jelly and Custard</b>	<b>Orange, Sultana and Carrot Slice</b>	<b>Chocolate Milkshake served with Chocolate Biscuit</b>

**PACKED LUNCH – AVAILABLE DAILY**  
HAM OR CHEESE SANDWICH OR DAILY SPECIAL  
VEGETABLES AND FRESH FRUIT  
DESSERT OF THE DAY

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

**Vegetarian** **Oily fish** **Wholegrain** **Fruity!**