

WEEK 1 MENU

W/C: 08/01 29/01 26/02
18/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN DISH 1

Chilli non Carne
with Wholegrain Rice
and Crispy Tortilla
🌱 🌿 🍷

Beef Lasagne
with Garlic and
Herb Bread
🌿

Roast Chicken
with Roast Potatoes
and Gravy

West African
Vegetable Jollof Rice
with Broccoli & Sweetcorn
🌱 VE 🍷

Breaded Fish Fingers
with Chips

MAIN DISH 2

Chinese Stir Fry
Vegetable Noodles
🌱

Veggie Sausage Pasta Bake
with Garlic and Herb Bread
🌱 🌿

Vegetable Pastry Roll
with Roast Potatoes
and Gravy
🌱

Macaroni Cheese
with Broccoli
and Sweetcorn
🌱

Veggie Burger in Bun
with Chips
🌱

Jacket Potato with Salmon
Mayonnaise 🐟

SCHOOLS CHOICE

Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette
🌱 VE 🌿 🍷 🌱 VE 🍷 🌱 VE 🌿

VEGETABLES

Carrots
Peas

Sweetcorn
Green Beans

Cabbage
Carrots

Broccoli
Sweetcorn

Baked Beans
Peas

SALADS

Pasta Salad, Carrot,
Tomato, Cucumber, Lettuce

Noodle Salad, Peppers,
Tomato, Cucumber, Lettuce

Cous Cous Salad, Sweetcorn,
Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato,
Cucumber, Lettuce

Coleslaw, Sweetcorn, Tomato,
Cucumber, Lettuce

DESSERT

Organic Yoghurt
& Fresh Fruit Slices 🍏

Organic Yoghurt
& Fresh Fruit Salad 🍏

Organic Yoghurt
& Fresh Fruit Bowl 🍏

Organic Yoghurt
& Fresh Fruit Salad 🍏

Organic Yoghurt
& Fresh Fruit Slices 🍏

Orange Drizzle Slice
with Fresh Fruit 🍏

Chocolate Sponge
with Chocolate Custard

Cheese & Biscuits
with Fresh Apple Slices 🍏

Pineapple Upside Down
Cake with Custard

Shortbread
with Vanilla Ice Cream

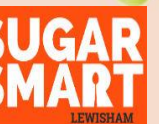
Water, Organic Milk & Freshly Baked Bread available daily

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 availability and individual school changes.

🌱 Vegetarian 🐟 Oily fish 🌿 Wholegrain 🍏 Fruity! 🍷 Nutritionist's choice

VE Vegan



AUTUMN/WINTER
2022



WEEK 2 MENU

W/C: 15/01 05/02 04/03
25/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN DISH 1

Cheese and Tomato Pizza
with Potato Wedges
V 🌿

Spiced Beef Pie
with Mash Potato
& Gravy

Roast Turkey
with Roast Potatoes
and Gravy

Raheem's Caribbean
Chickpea Curry
with Wholegrain Rice
V VE 🌿 🍷

Breaded Fish Fingers
with Chips

MAIN DISH 2

Vegetarian Cottage Pie
with Gravy
V VE 🍷

Stir Fry Vegetable Rice
with Carrots & Peas
V VE 🍷

Cheesy Leek & Carrot Crumble
with Roast Potatoes & Gravy
V 🍷

Vegetable Lasagne
with Garlic and Herb Bread
V 🍷

Crispy Quorn Nuggets
with Chips
V VE

SCHOOLS CHOICE

Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette
V VE 🌿 🍷 V VE 🍷 V VE 🌿

VEGETABLES

Sweetcorn
Green Beans

Peas
Carrots

Cabbage
Sweetcorn

Broccoli
Carrots

Baked Beans
Peas

SALADS

Pasta Salad, Carrot,
Tomato, Cucumber, Lettuce

Noodle Salad, Peppers,
Tomato, Cucumber, Lettuce

Cous Cous Salad, Sweetcorn,
Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato,
Cucumber, Lettuce

Coleslaw, Sweetcorn, Tomato,
Cucumber, Lettuce

DESSERT

Organic Yoghurt
& Fresh Fruit Slices 🍏

Organic Yoghurt
& Fresh Fruit Slices 🍏

Organic Yoghurt
& Fresh Fruit Bowl 🍏

Organic Yoghurt
& Fresh Fruit Salad 🍏

Organic Yoghurt
& Fresh Fruit Slices 🍏

Apple Crumble
with Custard 🍏

Crunchy Chocolate Biscuit
with Fresh Fruit Slices 🍏

Vanilla Sponge
with Custard

Carrot Cake
with Fresh Fruit Slices 🍏

Strawberry Ice Cream
with Oat Cookie

Water, Organic Milk & Freshly Baked Bread available daily

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V Vegetarian 🐟 Oily fish 🌿 Wholegrain 🍏 Fruity! 🍷 Nutritionist's choice
VE Vegan



AUTUMN/WINTER
2023



WEEK 3 MENU

W/C: 22/01 19/02 11/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN DISH 1

Sweet Chilli Vegetable Noodles



Sausage Pasta Bake with Garlic and Herb Bread



Roast Chicken with Roast Potatoes & Gravy

Chinese Vegetable Egg Fried Rice



Breaded Fish Fingers with Chips

MAIN DISH 2

Cheese and Tomato Pizza with Potato Wedges



Mexican Vegetable Tortilla Pie with Wholegrain Rice



Creamy Vegetable Pie with Roast Potatoes & Gravy



Macaroni Cheese with Broccoli and Carrots



Veggie Hot Dog with Chips



SCHOOLS CHOICE

Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette



VEGETABLES

Sweetcorn Peas

Green Beans Carrots

Cabbage Sweetcorn

Broccoli Carrots

Baked Beans Peas

SALADS

Pasta Salad, Carrot, Tomato, Cucumber, Lettuce

Noodle Salad, Peppers, Tomato, Cucumber, Lettuce

Cous Cous Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Coleslaw, Sweetcorn, Tomato, Cucumber, Lettuce

DESSERT

Organic Yoghurt & Fresh Fruit Slices

Organic Yoghurt & Fresh Fruit Slices

Organic Yoghurt & Fresh Fruit Bowl

Organic Yoghurt & Fresh Fruit Salad

Organic Yoghurt & Fresh Fruit Slices

Apple & Cinnamon Bake with Custard

Original Flapjack with Fresh Fruit

Strawberry Jelly with Fresh Fruit Slices

Banana Cake with Custard

Chocolate Brownie with Fresh Fruit Slices

Water, Organic Milk & Freshly Baked Bread available daily

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Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

VE Vegan



AUTUMN/WINTER 2023

