




WEEK 3

W/C: 13/11, 04/12, 25/12, 15/01, 05/02, 26/02, 18/03

	MONDAY	tuesDAY	wednesDAY	thursday	friday
hot mains	Chilli No Carne with Crispy Tortilla ? #< > Served with Wholegrain Rice	Pork Sausages 3 RUNVXDVDJHV VHU YHGZLWK P DVK HGSRWDRDQG WDVWJUDY\	Roast Pork 6 XFFXOHQJURD VW SRUNVHU YHGZLWK IOXII NURD VWLHV DQGG WDVWJUDY\	Chicken and Vegetable Korma #< > Served with Wholegrain Rice	Breaded Fish Fingers Served with Chips
	Cheese and Tomato Pizza ? #< > &KHHV\ WRPDWR WRSSHGSLIDVLEH VHU YHGZLWK SRWDWRZHGJHV	Cheesy Cauliflower Pasta Bake ? #< > Served with Garlic and Herb Bread	Sweet Potato and Chickpea Roast ? > \$FKXQN\ VZHHW SRWDWRDQG FKL FNSHDURD VW VHU YHGZLWK IOXI \ URDVWLHV DQGGW DVW\ JUDY	Vegetarian Cottage Pie ? >	Crispy Quorn Nuggets ? Served with Chips
jacket potato	Jacket Potato ? > with a choice of fillings	Jacket Potato ? > with a choice of fillings	Jacket Potato ? > with a choice of fillings	Jacket Potato ? > with a choice of fillings	Jacket Potato ? > with a choice of fillings
Tomato Pasta ?k^la%ahf^fZ]^mhfZmhZg][ZlbelZn\^pbmai^gg^iZlmZ   					
All main meals are served with two vegetables					
Dessert	Oatie Cookie with Fresh Fruit ¹	Strawberry Jelly	Orange Shortbread with Fresh Fruit ¹	Vanilla Sponge with Custard	Strawberry Frozen Yoghurt

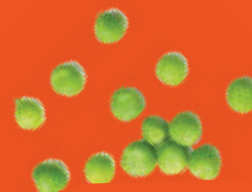
THREE WEEK MENU

AUTUMN/WINTER 2023

£2.85

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN

YOUR FAVOURITES AVAILABLE EVERY DAY



WEEK 1

W/C: 30/10, 20/11, 11/12, 01/01, 22/01, 12/02, 04/03, 25/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese and Tomato Pizza ♻️ Served with Potato Wedges	Cottage Pie ❤️ Served with Gravy	Chicken, Vegetable and Mash Pie ❤️ Served with Gravy	Beef Bolognese 🌱❤️ Served with Wholewheat Pasta and Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
JACKET POTATO	Stir Fried Vegetable Rice ♻️ 🌱❤️	Vegetarian Burger ♻️ Served with Potato Wedges	Vegetable Pastry Roll ♻️ Served with Mashed Potato and Gravy	Chinese Vegetable and Egg Fried Rice ♻️ ❤️	Crispy Quorn Nuggets ♻️ Served with Chips
JACKET POTATO	Jacket Potato ❤️ with a choice of fillings	Jacket Potato ❤️ with a choice of fillings, including Salmon Mayonnaise 🐟	Jacket Potato ❤️ with a choice of fillings	Jacket Potato ❤️ with a choice of fillings	Jacket Potato ❤️ with a choice of fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta ♻️ 🌱❤️					
All main meals are served with two vegetables					
DESSERT	Secret Brownie	Crispy Crackle Bar with Fruit 🍌	Original Flapjack	Carrot, Orange and Sultana Slice 🍌	Vanilla Ice Cream

WEEK 2

W/C: 06/11, 27/11, 18/12, 08/01, 29/01, 19/02, 11/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese and Tomato Pizza ♻️ Served with Potato Wedges	Turkey Con Chilli 🌱❤️ Served with Wholegrain Rice	Roast Beef Served with Roast Potatoes and Gravy	Sausage Pasta Bake 🌱❤️ Served with Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
JACKET POTATO	Sweet Potato Curry ♻️ 🌱❤️ Served with Wholegrain Rice	Macaroni Cheese ♻️	Cheesy Leek and Carrot Crumble ♻️ ❤️ Served with Roast Potatoes and Gravy	Roasted Cauliflower, Sweet Potato and Chickpea Masala ♻️ 🌱❤️ Served with Wholegrain Rice	Crispy Quorn Nuggets ♻️ Served with Chips
JACKET POTATO	Jacket Potato ❤️ with a choice of fillings	Jacket Potato ❤️ with a choice of fillings	Jacket Potato ❤️ with a choice of fillings	Jacket Potato ❤️ with a choice of fillings	Jacket Potato ❤️ with a choice of fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta ♻️ 🌱❤️					
All main meals are served with two vegetables					
DESSERT	Apple Crumble with Custard 🍌	Crunchy Chocolate Biscuit	Chocolate and Vanilla Marble Cake	Carrot Cake 🍌	Strawberry Ice Cream

AVAILABLE EVERY DAY

Milk, water, salad, freshly baked bread & fresh fruit. Yoghurt available Tuesday & Thursday

♻️ Vegetarian 🐟 Oily Fish 🌱 Wholegrain 🍌 Fruity! ❤️ Nutritionist's Choice