

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Chef's Special
-  Lowest CO₂

	Monday	Tuesday	Wednesday	Thursday	Friday
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Week One

31/10/2022
21/11/2022
12/12/2022
02/01/2023
23/01/2023
13/02/2023
06/03/2023
27/03/2023

Option 1	Veggie Cottage Pie Cauliflower & Green Beans 	Spaghetti Bolognaise with Garlic Bread 	Roast Gammon, with stuffing Roast Potatoes carrot & Mash swede	Beef Burger with Potato Wedges sweetcorn & Roasted Peppers	Breaded Fish Cake with Chips & Tomato Sauce
Option 2	Tomato Pasta Bake with Garlic Bread 	Veggie Wrap with Rice peas & sweetcorn 	Crunchy Top Veg Bake with Roast Potatoes & Gravy 	Vegan Burger with Potato Wedges	Cheese Omelette with Chips
Option 3	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans		Jacket Potato with Baked Beans	
Dessert	Pear & Chocolate Crumble with Custard	Yoghurt & Raisin cake	Fresh Fruit & Yoghurt Station	Seasonal Root Cake	Vanilla Short bread

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

Week Two

07/11/2022
28/11/2022
19/12/2022
09/01/2023
23/01/2023
20/02/2023
13/03/2023

Option 1	Macaroni Cheese with Garlic bread Peas & carrots	Chicken Pie with Mashed Potato	Sausage , onion Gravy with Roast Potatoes ,carrots and Cabbage	Chicken Korma with Pilau Rice	Fishfingers with Chips & Tomato Sauce
Option 2	Veggie Lasagne with Garlic bread	Veggie Pie and Mash with Broccoli & Sweetcorn	Cauliflower and Broccoli cheese with Roast Potatoes	Vegetable Curry with Rice	Mexican Roll with Chips
Option 3	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans		Jacket Potato with Baked Beans	
Dessert	Chocolate Drizzle Cake	Jelly with Mandarins	Fresh Fruit & Yoghurt Station	Apple & Blackberry Roll with Custard	Oaty Cookie

ALLERGY INFORMATION:
If you would like to know about particular allergens in foods please ask a member of the catering team 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.

Week Three

14/11/2022
05/12/2022
26/12/2022
16/01/2023
06/02/2023
27/02/2023
20/03/2023

Option 1	Cheese & Tomato Pizza	Sausage Roll with Potato Wedges , Baked beans sweetcorn	Pork Casserole Roast Potatoes and Carrots	Sticky Chicken Noodles with Broccoli & Carrots	Fish Fingers with Chips & Tomato Sauce
Option 2	Veggie Chilli with Rice , Green Beans & Carrots	Veggie Sausage with Potato Wedges	Veggie Wellington Roast Potatoes & Gravy	Chinese Vegetable Curry with Rice	Cheese Quiche with Chips
Option 3	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans 		Jacket Potato with Baked Beans	
	Marble Cake	Chocolate Cookie	Fresh Fruit & Yoghurt Station	Banana Cake with Custard	Ice cream and shortbread

Spring/ Summer Menu 2022 Option A

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One	Option 1	Tomato Pasta #V160 #SD11	Jerk Chicken with Rice #C17 #SD84	Roast Beef, Roast Potatoes & Gravy #B4 #SD7/#SD82 #SD107	Chinese Chicken Curry with Rice #C46 #SD84	Breaded Fish with Chips & Tomato Sauce #F7 #SD5 #SD14
	Option 2	Spanish Omelette with New Potatoes #V9 #SD2	BBQ Quorn Fillet with Rice #V205 #SD84	Vegetable Wellington with Roast Potatoes & Gravy #V12 #SD7 #SD82 #SD107	Sweet & Sour Noodles #V206	Vegan Mexican Roll with Chips & Tomato Sauce #V161 #SD5
	Vegetables	Cucumber #SD30 Rainbow Slaw #SD92	Sweetcorn #SD19 Mixed Peppers #SD26	Cabbage #SD35 Broccoli #SD20	Green Beans #SD24 Carrots #SD28	Peas #SD18 Baked Beans #SD22
	Dessert	Carrot & Courgette Cake with Custard #D174 #D2	Apple & Raisin Flapjack #D6	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie #D195	Peaches & Ice Cream #D166 #D13
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Two	Option 1	Macaroni Cheese #V11	Spaghetti Bolognaise #B37 #SD8	Roast Chicken, Roast Potatoes, Stuffing & Gravy #C5 #SD7/ #SD82 #SD40 #SD107	Chef James Chicken Jollof Rice #C84	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce #F6/F1 #SD5 #SD14
	Option 2	Vegetable Curry with Rice #V108 #SD84	Vegan Spaghetti Bolognaise #V169 #SD8	Roast Quorn, Roast Potatoes, Stuffing, & Gravy #V204 #SD7/ #SD82 #SD40 #SD107	Vegan Burger in a Bun with Wedges & Tomato Sauce #V164 #SD17 #SD6 #SD14	Cheese & Bean Pasty with Chips #V191 #SD5
	Vegetables	Sweetcorn #SD19 Cauliflower #SD27	Mixed Peppers #SD26 Green Beans #SD24	Carrots #SD28 Peas #SD18	Broccoli #SD20 Sweetcorn #SD19	Peas #SD18 Baked Beans #SD22
	Dessert	Apple & Berry Crumble with Ice Cream #D74 #D13	Lemon Drizzle Cake #D168	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie with Chocolate Sauce #D169 #D3	Apple, Cheese & Crackers #D4
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three	Option 1	Falafel with Lemon & Herb Couscous #V178 #SD73	Chicken Fajitas with Rice #C85	Roast Turkey, Roast Potatoes & Gravy #T1 #SD7/#SD82 #SD107	Pork Sausage Hot Dog with Potato Wedges #P3 #SD33 #SD6	Fish in Batter with Chips & Tomato Sauce #F3 #SD5 #SD14
	Option 2	Cheese & Tomato Pizza #V203	Vegetable Enchiladas with Rice #V20	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy #V135 #SD7/#SD82 #SD107	Vegan Sausage Hot Dog with Potato Wedges #V182 #SD33 #SD6	Cheese & Red Pepper Frittata with Chips & Tomato Sauce #V24 #SD5
	Vegetables	Green Beans #SD24	Caleslaw #SD47	Carrot #SD28	Sweetcorn #SD19	Peas #SD18

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