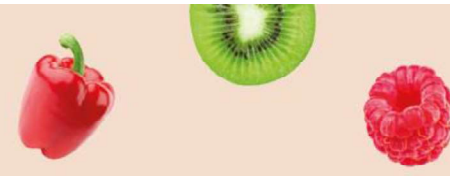


# WEEK 1 MENU

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  
🌱 🌱 🍷

**Breaded Fish Fingers  
or Jerk Chicken**  
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  
🌱 🌱 🌾 🍷 🌱 🌱 🍷

**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 2023**

