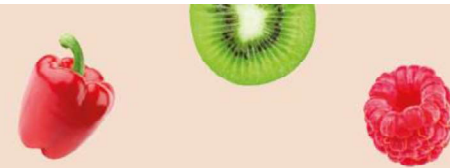


WEEK 2 MENU

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 	Spiced Beef Pie with Mash Potato & Gravy	Roast Turkey with Roast Potatoes and Gravy	Raheem's Caribbean Chickpea Curry with Wholegrain Rice 	Southern Fried Chicken Goujon Or Fish Fingers with Chips
Main Dish 2	Vegetarian Cottage Pie with Gravy 	Stir Fry Vegetable Rice with Carrots & Peas 	Cheesy Leek & Carrot Crumble with Roast Potatoes & Gravy 	Vegetable Lasagne with Garlic and Herb Bread 	Crispy Quorn Nuggets 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 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

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
 Vegan



AUTUMN/WINTER 2023

