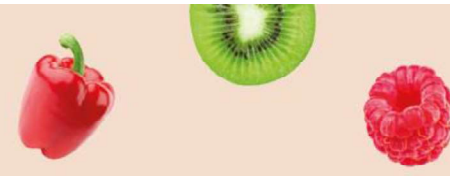


# WEEK 3 MENU

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 Or BBQ Chicken 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

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

