

# WEEK 3

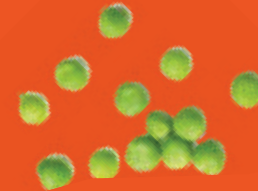
W/C: 13/11, 04/12

# THREE WEEK MENU

AUTUMN/WINTER 2023

OUR NEW MENU  
CHOSEN BY  
PARENTS AND  
CHILDREN

YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Cheese and Tomato Pizza</b> 🍕 Served with Potato Wedges	<b>Beef Lasagne</b> 🍷 Served with Garlic and Herb Bread	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>Chicken and Vegetable Korma</b> 🍷 🍷 Served with Wholegrain Rice	<b>Southern Fried Chicken</b> Served with Chips
	<b>Chilli No Carne with Crispy Tortilla</b> 🍷 🍷 🍷 Served with Wholegrain Rice	<b>Cauliflower Macaroni Cheese</b> 🍷 🍷 🍷 Served with Garlic and Herb Bread	<b>Sweet Potato and Chickpea Roast</b> 🍷 🍷 Served with Roast Potatoes and Gravy	<b>Sweet and Sour Vegetables</b> 🍷 🍷 Served with Wholegrain Rice	<b>Crispy Quorn Nuggets</b> 🍷 Served with Chips
HALAL		<b>Beef Lasagne</b> 🍷 🍷 Served with Garlic and Herb Bread	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>Chicken and Vegetable Korma</b> 🍷 🍷 🍷 Served with Wholegrain Rice	
JACKET POTATO	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🍷 with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🍷 🍷					
All main meals are served with two vegetables					
DESSERT	<b>Banana and Carrot Cake</b> 🍷	<b>Strawberry Jelly</b>	<b>Orange Drizzle with Fruit</b> 🍷	<b>Vanilla Sponge with Custard</b>	<b>Chocolate Ice Cream with Shortbread Biscuit</b>

## PACKED LUNCH AVAILABLE

Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

# WEEK 1

W/C: 30/10, 20/11, 11/12

# WEEK 2

W/C: 06/11, 27/11, 18/12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Cheese and Tomato Pizza</b> 🌱 Served with Potato Wedges	<b>Classic Beef Burger</b> Served with Potato Wedges	<b>Chicken, Vegetable and Mash Pie</b> 🍷 Served with Gravy	<b>Beef Bolognese</b> 🍷 Served with Wholewheat Pasta and Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
HALAL	<b>Stir Fried Vegetable Rice</b> 🌱 🍷 🍷 	<b>Vegetarian Burger</b> 🌱 Served with Potato Wedges	<b>Vegetable Pastry Roll</b> 🌱 Served with Mashed Potato and Gravy	<b>Vegetarian Bolognese</b> 🌱 🍷 Served with Wholewheat Pasta and Garlic and Herb Bread	<b>Crispy Quorn Nuggets</b> 🌱 Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings, including Salmon Mayonnaise 🐟	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🌱 🍷					
All main meals are served with two vegetables					
DESSERT	<b>Chocolate Sponge with Chocolate Custard</b>	<b>Raspberry Yoghurt Cake with Fruit</b> 🍷	<b>Banana Cake</b> 🍷	<b>Original Flapjack</b>	<b>Vanilla Ice Cream</b>

**PACKED LUNCH AVAILABLE**  
 Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Cheese and Tomato Pizza</b> 🌱 Served with Potato Wedges	<b>Chicken and Vegetable Tikka Masala</b> 🍷 🍷 Served with Wholegrain Rice	<b>Roast Turkey</b> 🍷 Served with Roast Potatoes and Gravy	<b>Sausage Pasta Bake</b> 🍷 Served with Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
JACKET POTATO	<b>Vegetarian Cottage Pie</b> 🌱 🍷 Served with Gravy	<b>Macaroni Cheese</b> 🌱	<b>Sweet Potato and Chickpea Roast</b> 🌱 🍷 Served with Roast Potatoes and Gravy	<b>Vegetarian Sausage Pasta Bake</b> 🍷 🌱 Served with Garlic and Herb Bread	<b>Crispy Quorn Nuggets</b> 🌱 Served with Chips
JACKET POTATO	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings	<b>Jacket Potatoes</b> 🍷 🌱 with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🌱 🍷					
All main meals are served with two vegetables					
DESSERT	<b>Apple Crumble with Custard</b> 🍷	<b>Crunchy Chocolate Biscuit</b>	<b>Chocolate and Vanilla Marble Cake</b>	<b>Carrot Cake</b> 🍷	<b>Strawberry Ice Cream</b>

**AVAILABLE EVERY DAY**  
 Water, salad, freshly baked bread, yoghurt & fresh fruit

🌱 Vegetarian 🐟 Oily Fish 🍷 Wholegrain 🍷 Fruity! 🍷 Nutritionist's Choice 🍷 Halal Available