

AUTUMN WINTER 2022/23 MENU - From 7th November 2022

Week 1

Week commencing 7th & 28th November, 19th December, 9th & 30th January, 20th February, 13th March, 3rd & 24th April, 15th May

	Monday		Tuesday		Wednesday		Thursday		Friday	
Choice 1	Pasta Bolognaise	Homemade Garlic Bread	Pork or Veggie Sausages & Gravy	Creamed Potatoes, Gardens Peas & Carrot Batons	Roast Chicken, Yorkshire Pudding & Gravy	Roast Potatoes Broccoli Florets & Carrot Batons	Traditional Cottage Pie	Mixed Vegetable Medley	Golden Crumb Omega 3 Fish Fingers	Oven baked Chips and Garden Peas & Sweetcorn
Choice 2	Lancashire Cheese & Potato Pie (v)	Reduced Salt & Sugar Baked Beans	Loaded Veggie Stand & Stuff Taco (v)	Oven Baked Wedges & Salad Selection	Homemade Cheese & Tomato Calzone (v)	Tortilla Chips & Veggie Sticks	Tomato & Sweet Pepper Pasta (v)	Homemade Garlic Bread	Homemade Pizza Margherita (v)	Oven Baked Chips and Veggie Sticks
Choice 3	Baked Jacket Potato or a Soft Sandwich Roll with a Choice of Filling	Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato or a Soft Sandwich Roll with a Choice of Filling	Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato or a Soft Sandwich Roll with a Choice Of Filling	Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato or a Soft Sandwich Roll With a Choice of Filling	Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato or a Soft Sandwich Roll with a Choice of Filling	Tortilla Chips and Veggie Sticks
Desserts	Syrup Sponge & Custard	Fruit Yoghurt, Fruit Selection and Organic Milk	Jelly & Vanilla Cream	Fruit Yoghurt, Fruit Selection and Organic Milk	Flapjack	Fruit Yoghurt, Fruit Selection and Organic Milk	Shortbread Biscuit	Fruit Yoghurt, Fruit Selection & Organic Milk	Ice- Cream Tubs & Milkshake	Fruit Selection & Organic Milk

Week 2

Week commencing 14th November, 5th & 26th December, 16th January, 6th & 27th February, 20th March, 10th April, 1st May

Choice 1	Vegetarian Sausage Roll (v)	Oven Baked Wedges & Baked Beans	Beef & Pork Meatballs & Tomato Sauce	Penne Pasta & Broccoli Florets	Roast Pork, Yorkshire Pudding & Gravy	Roast Potatoes Garden Peas & Carrot Batons	Chinese Style Chicken Curry	Mixed Rice & Spring Rolls	Crispy Battered Fish	Oven Baked Chips & Garden Peas
Choice 2	Tomato & Mascarpone Pasta (v)	Homemade Garlic Bread	Puff Pastry Cheese Whirl (v)	Oven Baked Wedges & Reduced Salt & Sugar Baked Beans	Pasta Arrabbiata (v)	Homemade Garlic Bread	Cheese Panini Melt (v)	Tortilla Chips & Veggie Sticks	Homemade Pizza Margherita (v)	Oven Baked Chips & Sweetcorn
Choice 3	Baked Jacket Potato or a Soft Sandwich Roll with a Choice of Filling	Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato or a Soft Sandwich Roll with a Choice of Filling	Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato or a Soft Sandwich Roll with a Choice of Filling	Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato or a Soft Sandwich Roll with a Choice of Filling	Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato or a Soft Sandwich Roll with a Choice of Filling	Tortilla Chips and Veggie Sticks
Desserts	Chocolate Brownie	Fruit Yoghurt, Fruit Selection & Organic Milk	Strawberry Ice- Cream Roll	Fruit Yoghurt, Fruit Selection & Organic Milk	Shortbread Biscuit	Fruit Yoghurt, Fruit Selection & Organic Milk	Jelly & Vanilla Cream	Fruit Yoghurt, Fruit Selection & Organic Milk	Ice-Cream Tubs & Milkshake	Fruit Selection & Organic Milk

Week 3

Week commencing 21st November, 12th December, 2nd & 23rd January, 13th February, 6th & 27th March, 17th April, 8th May

Choice 1	Crispy Bubble Coated Salmon	Oven Baked Wedges & Baked Beans	Homemade Meat & Potato Pie	Garden Peas & Gravy	Roast Chicken Yorkshire Pudding & Gravy	Roast Potatoes Broccoli Florets & Carrot Batons	British Beef Burger in a Bun	Oven Baked Wedges & Veggie Sticks	Golden Crumb Omega 3 Fish Fingers	Oven Baked Chips, Garden Peas & Sweetcorn
Choice 2	Plant-Based Meatballs & Gravy (v)	Creamed Potatoes Peas & Sweetcorn	Pasta Neapolitan (v)	Homemade Garlic Bread	Quorn Tikka Curry (v)	Mixed Rice & Nan Bread	Homemade Macaroni & Cheese Bake (v)	Homemade Garlic Bread	Homemade Pizza Margherita (v)	Oven Baked Chips and Veggie Sticks
Choice 3	Baked Jacket Potato or a Soft Sandwich Roll with a Choice of Filling	Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato or a Soft Sandwich Roll with a Choice of Filling	Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato or a Soft Sandwich Roll with a Choice of Filling	Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato or a Soft Sandwich Roll with a Choice of Filling	Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato or a Soft Sandwich Roll with a Choice of Filling	Tortilla Chips and Veggie Sticks
Desserts	Jam Sponge & Custard	Fruit Yoghurt, Fruit Selection & Organic Milk	Jelly & Vanilla Cream	Fruit Yoghurt, Fruit Selection & Organic Milk	Iced Vanilla Cupcake	Fruit Yoghurt, Fruit Selection & Organic Milk	Shortbread Biscuit	Fruit Yoghurt, Fruit Selection & Organic Milk	Ice- Cream Tubs & Milkshake	Fruit Selection & Organic Milk