

# WEEK 3

W/C: 14/11 05/12 09/01 30/01 27/02 20/03

# THREE WEEK MENU

## AUTUMN/WINTER 2022

OUR NEW MENU  
CHOSEN BY  
PARENTS AND  
CHILDREN

YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



### HOT SPECIALS...

### DAILY FAVES...

### PICK A PUD!

MONDAY

**Pesto Pasta Bake**   
Served with Two Vegetables

**Vegetable Chili**   
Served with Wholegrain Rice

**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Fruity Flapjack Bar**

TUESDAY

**Chinese Chicken Noodles**  
Served with Two Vegetables

**Vegetable Korma**   
Served with Wholemeal Rice

**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Strawberry Ice Cream**

WEDNESDAY

**Roast Pork**  
Served with Roast Potatoes, Two Vegetables and Gravy

**Vegetable Pastry Roll**   
Served with Roast Potatoes, Two Vegetables and Gravy

**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Jelly with Fruit Slices**

THURSDAY

**Beef Bolognese**   
Served with Wholemeal Pasta and Two Vegetables

**Vegetarian Cottage Pie**   
Served with Two Vegetables and Gravy

**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Chocolate Shortbread**

FRIDAY

**Fish Fingers**  
Served with Chips

**Tomato Veggie Burger**   
Served with Chips

**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Crispy Crackle Bar**

ALL MAIN MEALS SERVED WITH TWO VEGETABLES

# WEEK 1

W/C: 31/10 21/11 12/12 16/01 06/02 06/03  
27/03

# WEEK 2

W/C: 07/11 28/11 02/01 23/01 20/02 13/03

## HOT SPECIALS...

## DAILY FAVES...

## PICK A PUD!

## HOT SPECIALS...


## DAILY FAVES...

## PICK A PUD!

MONDAY

**Macaroni Cheese**   
Served with Two Vegetables

**Vegetarian Sausage**   
  
Served with Mashed Potato and Gravy




**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Vanilla Ice Cream**

MONDAY

**Cheese and Tomato Pizza**    
Served with Potato Wedges and Two Vegetables

**Chinese Vegetarian Noodles**    
Served with Two Vegetables





**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Chocolate Crispy Bar**

TUESDAY

**Chicken Pie**  
Served with Potato Wedges, Two Vegetables and Gravy

**Cheese and Tomato Pizza**    
Served with Potato Wedges and Two Vegetables




**Jacket Potatoes**   
with a choice of hot and cold fillings, including Salmon Mayonnaise   
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Jelly with Fruit Slices** 

TUESDAY

**Pork Sausages**  
Served with Mashed Potato, Two Vegetables and Gravy

**Veggie Sausage**  
Served with Mashed Potato & Gravy



**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Orange Shortbread with Fruit Slices** 

WEDNESDAY

**Roast Turkey**  
Served with Roast Potatoes, Two Vegetables and Gravy

**Vegan Sausage Casserole**    
Served with Two Vegetables


**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Oat Cookie served with Fruit Slices** 

WEDNESDAY

**Roast Gammon**  
Served with Roast Potatoes, Two Vegetables and Gravy

**Vegetable Pie**   
Served with Mashed Potato, Two Vegetables and Gravy




**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Chocolate Ice Cream**

THURSDAY

**Beef Bolognese**    
Served with Garlic and Herb Bread Wedge

**Vegetarian Bolognese**     
Served with Wholemeal Pasta and Two Vegetables




**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Apple Crumble served with Custard**   

THURSDAY

**Chicken Curry**    
Served with Wholemeal Rice

**Vegetable Lasagne**   
Served with Garlic and Herb Bread Wedge




**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Apple and Berry Crumble served with Custard**   

FRIDAY

**Fish Fingers**  
Served with Chips

**Quorn Dippers**   
Served with Chips and Two Vegetables



**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Shortbread**

FRIDAY

**Fish Fingers**  
Served with Chips

**Quorn Dippers**   
Served with Chips and Two Vegetables

**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Strawberry Frozen Yoghurt with Fresh Fruit** 

## AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

ALL MAIN MEALS SERVED WITH TWO VEGETABLES

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

# WEEK 3

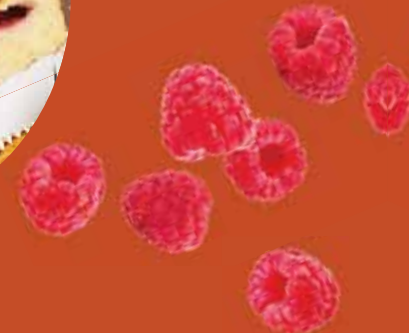
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## AUTUMN/WINTER 2022

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PARENTS AND  
CHILDREN

YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



### HOT SPECIALS...

### DAILY FAVES...

### PICK A PUD!

MONDAY

**Pesto Pasta Bake**   
Served with Two Vegetables

**Vegetable Chilli**   
Served with Wholegrain Rice

**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Fruity Flapjack Bar**

TUESDAY

**Chinese Chicken Noodles**  
Served with Two Vegetables

**Vegetable Korma**   
Served with Wholemeal Rice

**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Strawberry Ice Cream**

WEDNESDAY

**Roast Pork**  
Served with Roast Potatoes, Two Vegetables and Gravy

**Vegetable Pastry Roll**   
Served with Roast Potatoes, Two Vegetables and Gravy

**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Jelly with Fruit Slices**

THURSDAY

**Beef Bolognese**   
Served with Wholemeal Pasta and Two Vegetables

**Vegetarian Cottage Pie**   
Served with Two Vegetables and Gravy

**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Chocolate Shortbread**

FRIDAY

**Fish Fingers**  
Served with Chips

**Tomato Veggie Burger**   
Served with Chips

**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Crispy Crackle Bar**

**PACKED LUNCH - AVAILABLE DAILY**

HAM, CHEESE OR TUNA MAYO BAGUETTE  
WITH SALAD AND FRESH FRUIT / DESSERT OF THE DAY

**ALL MAIN MEALS SERVED WITH TWO VEGETABLES**



# WEEK 1

W/C: 31/10 21/11 12/12 16/01 06/02 06/03  
27/03

# WEEK 2

W/C: 07/11 28/11 02/01 23/01 20/02 13/03

## HOT SPECIALS...

## DAILY FAVES...

## PICK A PUD!

MONDAY

**Macaroni Cheese**   
Served with Two Vegetables

**Vegetarian Sausage**   
  
Served with Mashed Potato and Gravy

**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Vanilla Ice Cream**

TUESDAY

**Chicken Pie**  
Served with Potato Wedges, Two Vegetables and Gravy

**Cheese and Tomato Pizza**    
Served with Potato Wedges and Two Vegetables

**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings, including Salmon Mayonnaise   
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Jelly with Fruit Slices** 

WEDNESDAY

**Roast Turkey**  
Served with Roast Potatoes, Two Vegetables and Gravy

**Vegan Sausage Casserole**    
Served with Two Vegetables

**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Oat Cookie served with Fruit Slices** 

THURSDAY

**Beef Bolognese**    
Served with Garlic and Herb Bread Wedge

**Vegetarian Bolognese**     
Served with Wholemeal Pasta and Two Vegetables


**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Apple Crumble served with Custard**   

FRIDAY

**Fish Fingers**  
Served with Chips

**Quorn Dippers**   
Served with Chips and Two Vegetables

**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Shortbread**

MONDAY

**Cheese and Tomato Pizza**    
Served with Potato Wedges and Two Vegetables

**Chinese Vegetarian Noodles**    
Served with Two Vegetables

**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Chocolate Crispy Bar**

TUESDAY

**Pork Sausages**  
Served with Mashed Potato, Two Vegetables and Gravy

**Veggie Sausage**  
Served with Mashed Potato & Gravy

**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Orange Shortbread with Fruit Slices** 

WEDNESDAY

**Roast Gammon**  
Served with Roast Potatoes, Two Vegetables and Gravy


**Vegetable Pie**   
Served with Mashed Potato, Two Vegetables and Gravy



**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Chocolate Ice Cream**

THURSDAY

**Chicken Curry**    
Served with Wholemeal Rice

**Vegetable Lasagne**   
Served with Garlic and Herb Bread Wedge


**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Apple and Berry Crumble served with Custard**   

FRIDAY

**Fish Fingers**  
Served with Chips

**Quorn Dippers**   
Served with Chips and Two Vegetables

**Packed Lunch**  
See below for details  
**Jacket Potatoes**   
with a choice of hot and cold fillings  
**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Strawberry Frozen Yoghurt with Fresh Fruit** 

### PACKED LUNCH - AVAILABLE DAILY

HAM, CHEESE OR TUNA MAYO BAGUETTE  
WITH SALAD AND FRESH FRUIT / DESSERT OF THE DAY

ALL MAIN MEALS SERVED WITH TWO VEGETABLES

### AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD,  
YOGHURT & FRESH FRUIT

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