




MENU 3 – AUTUMN 2022 WEEK 1



DAY	CHOICE 1	 CHOICE 2	CHOICE 3	PUDDING
Monday	Pepperoni Pizza served with Baked Beans and Coleslaw	Loaded Potato Skins served with Baked Beans and Coleslaw	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Fruit Smoothie or Fresh Fruit or Vegetarian Jelly
Tuesday	Beef Spaghetti Bolognaise served with Garlic Bread and Sweetcorn	Meat Free Bolognaise served with Garlic Bread and Sweetcorn	Oven Baked Jacket Potato filled with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	Shortbread or Fresh Fruit or Vegetarian Jelly
Wednesday	Sliced Cooked Beef served with Yorkshire Pudding, Roast Potatoes, Garden Peas and Carrot Medley and Gravy	Meat Free Sausages served with Yorkshire Pudding, Roast Potatoes, Garden Pea and Carrot Medley and Gravy	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Vanilla Ice Cream Tub & Mandarins or Fresh Fruit or Vegetarian Jelly
Thursday	Breaded Chicken Goujons served with 1/2 Jacket Potato, Spaghetti Hoops and Mixed Salad	Meat Free Meatballs in Tomato Sauce served with Rice and Mixed Salad	Oven Baked Jacket Potato filled with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	Flapjack or Fresh Fruit or Vegetarian Jelly
Friday	Breaded White Fish Fillet served with Chips, Garden Peas and Tomato Ketchup	Fishless Fingers served with Chips, Garden Peas and Tomato Ketchup	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Sticky Toffee Pudding, Toffee Sauce & Cream or Fresh Fruit or Vegetarian Jelly

Available Daily: Fresh Fruit and Bread!




If you have any questions about food allergens please speak to the kitchen team who will be happy to help.



MENU 3 – AUTUMN 2022 WEEK 2



DAY	CHOICE 1	 CHOICE 2	CHOICE 3	PUDDING
Monday	Meatballs in Tomato Sauce served with Wholewheat Pasta, Sweetcorn	Meat Free Meatballs in Tomato Sauce served with Wholewheat Pasta, Sweetcorn	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Custard Cookie or Fresh Fruit or Vegetarian Jelly
Tuesday	Cheese & Bean Pasty served with New Potatoes and Baked Beans	Meat Free Sausage Roll served with New Potatoes and Baked Beans	Oven Baked Jacket Potato filled with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	Sugar Ring Doughnut or Fresh Fruit or Vegetarian Jelly
Wednesday	Roast Chicken Fillet served with Roast Potatoes, Carrots, Garden Pea Medley and Gravy	Vegetable Sausage served with Roast Potatoes, Carrots and Garden Pea Medley and Gravy	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Fruit Smoothie or Fresh Fruit or Vegetarian Jelly
Thursday	Chicken Korma served with Rice and Vegetable Batons	Loaded Potato Skins served with Baked Beans	Oven Baked Jacket Potato filled with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	Cheese & Cream Crackers with an Apple Slice or Fresh Fruit or Vegetarian Jelly
Friday	Fish Fingers served with Chips, Garden Peas and Tomato Ketchup	Fishless Fingers served with Chips, Garden Peas and Tomato Ketchup	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Iced Vanilla Sponge or Fresh Fruit or Vegetarian Jelly

Available Daily: Fresh Fruit and Bread!







MENU 3 – AUTUMN 2022

WEEK 3



DAY	CHOICE 1 	CHOICE 2	CHOICE 3	PUDDING 
Monday	Beef Spaghetti Bolognaise served with Garlic Bread and Mixed Salad	Sweet Tomato Pasta served with Garlic Bread and Mixed Salad	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Iced Gingerbread or Fresh Fruit or Vegetarian Jelly
Tuesday	Sausage and Mash Served with Pea and Carrot Medley and Gravy	Vegetable Sausage and Mash served with Mashed Potato, Peas and Carrot Medley and Gravy	Oven Baked Jacket Potato filled with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	Chocolate Brownie & ½ and Orange or Fresh Fruit or Vegetarian Jelly
Wednesday	Sliced Cooked Roast Pork served with Roast Potatoes, Carrot & Turnip Medley and Gravy	Meat Free Savoury Mince served with Roast Potatoes, Carrot & Turnip Medley and Gravy	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Apple Crumble & Toffee Sauce or Fresh Fruit or Vegetarian Jelly
Thursday	Chicken & Vegetable Pie served with New Potatoes, Sweetcorn and Garden Pea Medley and Gravy	Meat Free Sausage Roll served with New Potatoes, Sweetcorn and Garden Pea Medley and Gravy	Oven Baked Jacket Potato filled with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	Sugar Ring Doughnut or Fresh Fruit or Vegetarian Jelly
Friday	Fish Cakes served with Chips, Baked Beans and Mixed Salad	Fishless Fingers served with Chips, Baked Beans and Mixed Salad	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Chocolate Sponge & Custard or Fresh Fruit or Vegetarian Jelly

Available Daily: Fresh Fruit and Bread!

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