# SCHOOL MEALS











seasonal fresh fruit, fruit yoghurt, soreen and cheese & biscuits



Available daily as an alternative: - Filled jacket potatoes and a selection of sandwiches served with vegetables, a dessert and drink. An alternative dessert from a selection of



# **Week One**

#### **Meat Free Monday**

Homemade Macaroni Cheese

Vegetarian Sausage Roll baked diced potatoes and beans

Vanilla Ice Cream

## Tuesday

**V** Roast Gammon served with sage and onion stuffing creamed & roast potatoes, seasonal fresh carrots and broccoli and gravy

Cooks choice curry served with 50/50 rice

Fresh Fruit Segments or yoghurt

#### Wednesday

V Pork Sausage with creamed potatoes, gravy served with seasonal fresh carrots and peas

> V Hot Tuna Panini served with coleslaw, sweetcorn and salad

Homemade Blueberry Cake

# **Thursday**

V Oven baked Fish Fingers served with chunky chipped potatoes, garden peas or baked beans

V Crumb Coated Chicken served with chunky chipped potatoes, garden peas or baked beans

Homemade Shortbread Biscuit

# **Friday**

V Cooks choice Homemade Lasagne or Pasta Bake served with seasonal vegetables

Momemade Cheese Flan served with baked jacket wedges sweetcorn and salad

V Jelly and Fruit

# **Week Two**

## **Meat Free Monday**

Margarita Pizza served with herby diced potatoes, and sweetcorn

Homemade Oven Baked Omelette served with diced potatoes baked beans and fresh spinach

Vanilla Ice Cream

#### **Tuesday**

V Roast Turkey with sage and onion stuffing served with roast & creamed potatoes, seasonal fresh carrots and broccoli and gravy

V Chilli Beef served with 50/50 rice

Fresh Fruit Salad or Yoghurt

#### Wednesday

V Hot Cheese and ham panini melt served with fresh salad and coleslaw

Spicy Quorn served with savoury rice and mixed vegetables

V Jelly and Fruit

# **Thursday**

V Oven baked Battered Salmon served with chunky chipped potatoes garden peas or baked beans

V Red Tractor chicken goujons served with chunky chipped potatoes garden peas or baked beans

Homemade cooks choice Biscuit

# Friday

V Homemade Spaghetti Bolognaise served with garden peas

Vegetarian curry served with 50/50 rice

Cooks choice **Homemade Carrot Cake** or Banana and Oat Cake

# **Week Three**

# **Meat Free Monday**

MHomemade Tomato and Mascarpone Pasta Bake served with seasonal vegetables

Quorn nuggets with baked herby diced potatoes, and sweetcorn

Vanilla Ice Cream

## **Tuesday**

V Roast Chicken sage & onion stuffing served with gravy, roast & creamed potatoes, seasonal fresh carrot and fine beans

> Fish Finger, creamed potato, carrots and fine beans

> > Fresh Fruit Segments or Yoghurt

#### Wednesday

V Chicken Tikka Masala served with 50/50 rice

Vegetarian Burger in a bun Baked wedged potatoes and coleslaw

Homemade Flapjack

# **Thursday**

Seasoned Chicken Fillet served with chunky chipped potatoes, garden peas or baked beans

V Oven baked Battered Fish served with chunky chipped potatoes, garden peas or baked beans

> Cooks Choice Toffee Date Cake or Chocolate Cake with Orange

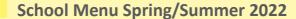
# **Friday**

V Pork Meatballs in homemade tomato and basil sauce served with wholemeal pasta and garden peas

> V Cooks choice Hot Panini or Wrap served with fresh salad and coleslaw

> > V Jelly and Fruit





Menu cycle week one: 25th April, 16th May, 6th June, 27th June, 18th July, 8th August, 29th August, 19th Sept, 10th Oct

Menu cycle week two: 2nd May, 23rd May, 13th June, 4th July, 25th July, 15th Aug, 5th Sept, 26th Sept, 17th Oct

Menu cycle week three: 9th May, 30th May, 20th June, 11<sup>th</sup> July, 1<sup>st</sup> August, 22<sup>nd</sup> August, 12<sup>th</sup> Sept, 3<sup>rd</sup> Oct, 24<sup>th</sup> Oct



= Vegetarian V = Vegetarian substitute available Lunch will be served with fresh milk or drinking water. All homemade dishes contain additional vegetables.

For allergen and dietary help please contact school meals helpdesk on 01925 443082 or visit our website www.warrington.gov.uk/schoolmeals

