

WHOLE SCHOOL MEALS - EGG FREE MENU - NOVEMBER 2021 - MARCH 2022

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Weeks 22-Nov 03-Jan 24-Jan 21-Feb 14-Mar	Optn 1 Homemade Pizza (v) or Optn 2 Mexican Bean Wraps (vg) Jacket Wedges & Ketchup Baked Beans & Peas Opt 3 Jacket Potato with Cheese & Beans Dessert Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Chicken Goujons or Spicy Tomato Pasta (vg) Crushed New Potatoes Broccoli & Carrots Opt 3 Jacket Potato with Cheese & Beans Dessert Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Roast Pork with Apple Sauce & Gravy or Vegan Quorn Sausage & Gravy (vg) Roast/Boiled Potatoes Local Seasonal Vegetables & Cooks Choice Opt 3 Jacket Potato with Cheese & Beans Dessert Angel Delight Mousse Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Spaghetti Bolognese or Cauliflower & Broccoli Bake (v) Garlic Flatbread Mixed Vegetables & Broccoli Opt 3 Jacket Potato (vg) with Cheese & Beans Dessert Vanilla Shortbread(vg) & (Custard) Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Salmon Bites or Fish Fingers or Veggie Nuggets (vg) Chips/Pasta Baked Beans & Sweetcorn Opt 3 Jacket Potato with Cheese & Beans Dessert Chocolate Krispie Cake Fresh Fruit/Jelly/Oaty Apple Bar (vg)
Weeks 29-Nov 10-Jan 31-Jan 28-Feb 21-Mar	Optn 1 Macaroni Cheese (v)/Tomato Pasta(vg) or Optn 2 Veggie Stir Fry with Rice (vg) Garlic Dough Balls Peas & Mixed Vegetables Opt 3 Jacket Potato with Cheese & Beans Dessert Oat Cookie Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Meatballs in Tomato Sauce or Meatless Meatballs (vg) Pasta Broccoli & Carrots Opt 3 Jacket Potato with Cheese & Beans Dessert Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Roast Chicken Thigh with Stuffing & Gravy or Vegan Quorn Sausage & Gravy (vg) Roast/Boiled Potatoes Local Seasonal Vegetables & Cooks Choice Opt 3 Jacket Potato with Cheese & Beans Dessert Ice Cream/Frozen Fruit Smoothie (vg) & Fruit Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Minced Beef Wellington & Gravy Creamed Potatoes Cauliflower & Green Beans Opt 3 Jacket Potato (vg) with Cheese & Beans Dessert Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Breaded/Battered Fish or Curried Veggie Pasty (vg) Chips/Pasta Baked Beans & Peas Opt 3 Jacket Potato with Cheese & Beans Dessert Chocolate Shortbread (vg) Fresh Fruit/Jelly/Oaty Apple Bar (vg)
Weeks 06-Dec 17-Jan 07-Feb 07-Mar 28-Mar	Optn 1 Pitta Pizza (v) Optn 2 Pasta Provencale (vg) Herby Diced Potatoes Peas & Sweetcorn Opt 3 Jacket Potato with Cheese & Beans Dessert Cookie Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Chicken Tacos or Pulled BBQ Jackfruit (vg) Savoury Rice Carrots & Green Beans Opt 3 Jacket Potato with Cheese & Beans Dessert Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Roast Gammon & Gravy or Chickpea Pattie (vg) Roast/Boiled Potatoes Local Seasonal Vegetables & Cooks Choice Opt 3 Jacket Potato with Cheese & Beans Dessert Frozen Fruit Smoothie Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Baked Sausages & Gravy or Vegan Quorn Sausage & Gravy (vg) Creamed Potatoes Swede & Broccoli Opt 3 Jacket Potato with Cheese & Beans Dessert Fresh Fruit/Jelly/Oaty Apple Bar (vg)	Fish Fingers or Veggie Nuggets (vg) Chips/Pasta Baked Beans & Sweetcorn Opt 3 Jacket Potato with Cheese & Beans Dessert Fresh Fruit/Jelly/Oaty Apple Bar (vg)