

Autumn/ Winter  
2023/ 2024

## WEEK ONE

30/10/2023  
20/11/2023  
11/12/2023  
15/01/2024  
05/02/2024  
04/03/2024  
25/03/2024

### FISH FREE Highfield Ely

#### MONDAY


#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY


Option one

 Cheese and Tomato  
Pizza with Pasta Salad



Beef Burger,  
Cheese Burger or  
Vegan Burger and  
Potato Wedges

Roast of the Day, Stuffing  
Roast Potatoes & Gravy

Spaghetti Bolognese with  
Garlic Bread 

Option two

**NEW**  Chef Mariam's  
Vegetable Couscous 

Veg Wellington, Stuffing,  
Roast Potatoes & Gravy 

Veggie Bolognese with  
Garlic Bread 

Cheesy Bean Pasty with  
Chips & Tomato Sauce

Option three

Jacket Potato with  
Beans or Cheese

Cheese Picnic Box

Jacket Potato with Beans  
and Cheese

Ham Picnic Box

Jacket Potato with  
Cheese and Beans

Dessert

Mandarin and Cinnamon Cake

Fruit Jelly   
with Mandarins

**NEW** Melting Moment  
Biscuits

**NEW** Jam and Coconut  
Sponge

 Oaty Cookie 

## WEEK TWO


06/11/2023  
27/11/2023  
18/12/2023  
22/01/2024  
19/02/2024  
11/03/2024

Option one

Tomato Pasta 

Sausage Roll with 1/2  
Jacket Potato



Roast Chicken, or  
Roasted Quorn Fillet,  
Stuffing, Roast Potatoes  
and Gravy 

 Chicken Wrap with  
Rice 

Option two

Macaroni Cheese

Phat Mexican Bean Roll  
with 1/2 Jacket

 Veggie Wrap with Rice 

Cheese Omelette with  
Chips & Tomato Sauce

Option three

Jacket Potato with  
Cheese and Beans

Cheese Picnic Box

Jacket Potato with Beans  
and Cheese

Ham Picnic Box

Jacket Potato with  
Beans and Cheese


Dessert

Lemon Drizzle Cake

 Apple Crumble with  
Custard

Peaches and Ice Cream

Chocolate Drizzle Cake with  
Chocolate Sauce

Vanilla Shortbread 


## WEEK THREE

13/11/2023  
04/12/2023  
08/01/2024  
29/01/2024  
26/02/2024  
18/03/2024

Option one

**NEW**  
A choice of  
Tomato or  
Cheese Pasta



 Beef Meatballs in a  
Tomato Sauce  
with Rice 

Roast Chicken, Stuffing and  
Gravy with Roast Potatoes

Chicken Pie with  
Mashed Potatoes 

Option two

 Vegan Meatballs in a  
Tomato Sauce  
with Rice 

Veggie Sausages,  
Gravy and Roast  
Potatoes 

**NEW** Cheese & Onion  
Loaded Jackets

BBQ Quorn Fillet with  
Chips 

Option three

Jacket Potato with  
Cheese and Beans

Ham Picnic Box


Jacket Potato with Beans  
or Cheese


Cheese Picnic Box

Jacket Potato with  
Beans

Dessert

Iced Sponge

**NEW** Chocolate  
Orange Cookie 

Fruit Jelly with Pineapple 

Peach Upside Down Cake  
with Custard

Cornflake Tart

### MENU KEY



Added Plant Power



Wholemeal



Vegan



Chef's Special

### ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

**Available Daily:** - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection