

## Isle of Ely Autumn Menu 2022

-  Added Plant Power
-  Vegan
-  Wholemeal

### Week One

31/10/22  
21/11/22  
12/12/22  
09/01/23  
30/01/23  
27/02/23  
20/03/23

Monday	Tuesday	Wednesday	Thursday	Friday
Red Cheesy Swirl with New Potatoes	Chicken Korma with Rice	Roast Turkey with Stuffing, Roast Potatoes and Gravy	Beef Burger with a choice of toppings and Potato Wedges (Cheese, Salad, Nacho)	Fish Fingers with Chips & Tomato Sauce
Green Tomato, Lentil and Vegetable Pasta	Aubergine, lentil and Potato Curry with Rice	Crunchy Top Bean and Vegetable Bake with Roast Potatoes	Vegan Burger with a choice of toppings and Potato Wedges (Cheese, Salad, Nacho)	Lentil and Bean Burger Bites with Chips
Blue Falafel Wrap with New Potato	Egg Mayonnaise Roll	Tomato Pasta	Tuna Mayonnaise Baguette	Jacket Pot with Beans
Vegetables Cauliflower Peas	Sweetcorn Mixed Peppers	Carrots Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
Dessert Pear and Chocolate Crumble with Custard	Yoghurt and Raisin Cake	Fruit Jelly	Chocolate & Mandarin Brownie with Chocolate Sauce	Vanilla Shortbread

### Week Two

07/11/22  
28/11/22  
19/12/22  
16/01/23  
06/02/23  
06/03/22  
27/03/23

Red Mac and Cheese with choice of Toppings (Corn, Beans, Crouton)	Lemon & Herb Chicken with Rice	Sausage, Yorkshire Pudding, Roast Potatoes, Stuffing and Gravy	Spaghetti Bolognaise with Garlic Bread	Fish Fingers with Chips & Tomato Sauce
Green Tomato and Lentil Pasta with choice of toppings (Corn, Beans, Crouton)	Chickpea and Apricot Tagine with Couscous	Vegan Sausage, Roast Potatoes, Stuffing and Gravy	Vegetable and Bean Fajitas with Rice	Vegan Meatball Sub with Chips
Blue Jacket Potato with Beans	Cheese Baguette	Tomato Pasta	Ham Roll	Jacket Potato with Beans and Cheese
Vegetables Peas Carrots	Broccoli Sweetcorn	Carrots Cabbage	Green Beans Sweetcorn	Peas Baked Beans
Dessert Fruit and Ice Cream	Chocolate and Apple Sponge	Fruity Shortbread	Lemon and Berry Cake with Custard	Oaty Cookie

### Week Three

14/11/22  
05/12/22  
02/01/23  
23/01/23  
20/02/23  
13/03/23

Red Cheese & Tomato Pizza	Sausage Roll with Wedges	Peri Peri Chicken with Rice or ½ Jacket Potato and Salads	BBQ Turkey Burger In a Bun with Roasted New Potatoes	Fish Fingers with Chips & Tomato Sauce
Green Vegetable and Bean Chilli with Rice	Veggie Sausage with Wedges	Peri Peri Quorn with Rice or ½ Jacket Potato and Salads	Chinese Vegetable Curry with Rice	Cheese Quiche with Chips
Blue Tomato and Lentil Pasta	Jacket Potato with Tuna Mayo or Cheese	Cheese Roll	Jacket Potato with Beans and Cheese	Mexican Bean Roll with Chips
Vegetables Green Beans Roasted Vegetables	Baked Beans Sweetcorn	Coleslaw Peas	Broccoli Carrots	Mushy Peas Baked Beans
Dessert Chocolate Cookie	Marble Cake	Apple, Cheese & Crackers	Apple Sponge with Custard	Orange & Lemon Shortbread

#### Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection
- Choice of Yoghurt & Fresh Fruit

**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.