
















Autumn Winter 2022 Central Menu Option B

 Added Plant Power
 Vegan
 Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One					
Option 1	Cheesy Swirl with New Potatoes	Chicken Curry with Rice 	Roast of the Day with Stuffing, Roast Potatoes and Gravy	Build a Burger Day A choice of Burger (meat, veggie or vegan)  Toppings and Potato Wedges	Fishfingers/ Salmon Fishfingers with Chips
31/10/22 21/11/22 12/12/22 16/01/23 06/02/23 06/03/23 27/03/23	Option 2	Tomato Pasta 	Veggie Wrap Stack with Rice 	Crunchy Top Veg Bake with Roast Potatoes 	Cheese Omelette with Chips
	Vegetables	Cauliflower Green Beans	Peas Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers
	Dessert	Chocolate cake with custard 	Oaty Biscuit	Jelly	Seasonal Root Cake 
Or a choice of Yoghurt & Fresh Fruit available daily					

Week Two					
Option 1	Mac and Cheese Station 	Chicken Pie with Mashed Potato 	Sausage, Onions and Gravy with Roast Potatoes	Spaghetti Bolognese with Garlic Bread 	Fishfingers with Chips
07/11/22 28/11/22 02/01/23 23/01/23 13/02/23 13/03/23	Option 2	A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Veggie Shepherd's Pie with Gravy 	Cauliflower and Broccoli Cheese with Roast Potatoes	Vegetable Fajitas with Rice 
	Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Brussel Sprouts	Country Veg
	Dessert	Jelly with Mandarins 	Chocolate Drizzle Cake	Shortbread	Apple & Blackberry Roll with Custard 
Or a choice of Yoghurt & Fresh Fruit available daily					

Week Three					
Option 1	Cheese and Tomato Pizza 	Sausage Roll with Potato Wedges	Quirky Bird A choice of flavoured chicken or vegan Quorn, With Potato Wedges and Salads 	Sticky Chicken Noodles 	Fishfingers with Chips
14/11/22 05/12/22 09/01/23 30/01/23 27/02/23 20/03/23	Option 2	Veggie Chilli with Rice 	Veggie Sausage with Potato Wedges 	Chinese Vegetable Curry with Rice 	Cheese Quiche with Chips
	Vegetables	Green Beans Carrots 	Baked Beans Sweetcorn	Cauliflower Peas	Broccoli Carrots
	Dessert	Marble Cake	Chocolate Cookie 	Shortbread	Banana Sponge with Custard
Or a choice of Yoghurt & Fresh Fruit available daily					

Available Daily:

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

ALLERGY INFORMATION:
If your child has an allergy or intolerance 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.

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