

**WHF Spring/ Summer Menu 2023 – Coded Menu**

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One</b> 17 April 8 May 5 June 26 June 17 July 28 August 18 September 9 October	Option 1	Cheese & Tomato Pizza with Roasted New Potatoes #V31 #SD2	Beef Lasagne with Garlic Bread #B39 #SD50	Roast Chicken, Stuffing, Roast Potatoes & Gravy #C5 #SD40 #SD7 #SD82 #SD118	BBQ Chicken with Jollof Rice & Salads #QB6 #V205 #QB1 #QB3	Fishfingers with Chips & Tomato Sauce #F6 #SD5 #SD14
	Option 2	Crunchy Topped Vegetable Bake with Roasted New Potatoes #V193 #SD2	Wholemeal Vegetable Pasta Bake (No Cheese) #V73	NEW Sweet Potato & Spinach Flan with Roast Potatoes #V213 #SD7 #SD82	Vegan Quorn with Jollof Rice & Salads #V205 #QB1 #QB3	Phat Mexican Bean Roll with Chips & Tomato Sauce #V161 #SD5 #SD14
	Option 3	Jacket Potato with Cheese, Beans or Tuna Mayonnaise #SD55 #SD22 #V85 #F11				
	Vegetables	Mixed Salad #SD25 Coleslaw #SD47	Sliced Carrots and Cucumber Sticks #SB10	Cabbage #SD35 Cauliflower #SD27	Sweetcorn #SD19 Green Beans #SD24	Peas #SD18 Baked Beans #SD22
	Dessert	NEW Syrup Snap Biscuit #D219	Fruit Jelly with Mandarins #D217	Toffee Apple Crumble with Custard #D72 #D2	Iced Vanilla Sponge #D177	Oaty Cookie #D85
<b>Week Two</b> 24 April 15 May 12 June 3 July 24 July 4 September 25 September 16 October	Option 1	Mac and Cheese with Ham & Sweetcorn #MC10 #MC1	Pork Sausage Hot Dog with Potato Wedges #P3 #SD33 #SD6	Roast Gammon, Roast Potatoes, & Gravy #P5 #SD40 #SD7 #SD82 #SD118	Chef's Special Chicken Korma with Rice #C86 #SD84	Fishfingers with Chips & Tomato Sauce #F1 #F6 #SD5 #SD14
	Option 2	Mac and Cheese with Toasted Breadcrumbs #MC9 #MC6	Vegan Sausage Hot Dog with Potato Wedges #V187 #SD33 #SD6	Potato and Courgette Layer Bake #V10	Vegetable Wellington with New Potatoes & Gravy #V12 #SD2 #SD118	Beetroot Burger with Chips & Tomato Sauce #BB3 #SD17 #SD5 #SD14
	Vegetables	Peas #SD18 Green Beans #SD24	Baked Beans #SD22 Coleslaw #SD47	Broccoli #SD20 Carrots #SD28	Roast Peppers #SD26 Sweetcorn #SD19	Peas #SD18 Baked Beans #SD22
	Dessert	Lemon Sponge #D184	Pear & Chocolate Upside Down Cake with Custard #D207 #D2	Catherine Wheel Cookie #D82	Peach Crumble & Cream #D19 #D39	Vanilla Shortbread #D57
<b>Week Three</b> 1 May 22 May 19 June 10 July 11 September 2 October	Option 1	NEW Chinese Vegetable Noodles #V215	Spaghetti Beef Bolognaise #B37 #SD8	Roast Turkey, Stuffing, Roast Potatoes, & Gravy #T1 #SD7 #SD82 #SD118	Greek Chicken Pita with Seasoned Wedges #GR1 #GR3 #SD6 #GR4	Fishfingers with Chips & Tomato Sauce #F6 #SD5 #SD14
	Option 2	Lentil and Sweet Potato Curry with Rice #V108 #SD84	Vegan Spaghetti Bolognaise #V169 #SD8	Vegan Quorn with Stuffing, Roast Potatoes & Gravy #V204 #SD7 #SD82 #SD118	Spinach & Cheese Parcel with Seasoned Wedges #GR2 #SD6 #GR4	Cheese & Red Pepper Frittata with Chips & Tomato Sauce #V24 #SD5 #SD14
	Vegetables	Sweetcorn #SD19 Carrots #SD28	Peas #SD18 Green Beans #SD24	Sprouts #SD64 Carrot & Swede Mash #SD53	Fresh Salad Rainbow Slaw #SD92	Peas #SD18 Baked Beans #SD22
	Dessert	Peaches with Ice Cream #D167 #D13	Carrot & Courgette Cake #D174	Eves Pudding with custard #D189 #D2	Apple Flapjack #D171	NEW Cornflake Tart #D221

**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 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.