

West Heselton CE Primary School Autumn 2022 Menu.

		WEEK 1	WEEK 2	WEEK 3
		W/C 5th Sept, 26th Sept, 17th Oct, 14th Nov, 5th Dec	W/C 12th Sept, 3rd Oct, 31st Oct, 21st Nov, 12th Dec	W/C 19th Sept, 10th Oct 7th Nov, 28th Nov
P A S T A T U E S D A Y R O A D S T E S D A Y T H U R S D A Y F R I D A Y	MONDAY	Creamy Macaroni Cheese Broccoli & Sweetcorn Homemade Garlic Bread Lemon Shortcake	V Cheese & Tomato Pasta with Homemade Bread Grated Carrot & Cucumber Sticks Oatie Cookie	Spaghetti Bolognese V Vegetarian Spaghetti Bolognese Peas & Sweetcorn Homemade Garlic Bread Fruity Jam Sandwich & Custard
	TUESDAY	Beef Burger in a Bun V Veggie Burger in a Bun Diced Potatoes Winter Slaw & Mixed Salad Homemade Custard & Biscuit with a slice of fruit	Tortilla Boats Vegetable Rice Carrots & Broccoli Jelly & Ice-Cream	All Day Breakfast V Veggie All Day Breakfast Homemade 50/50 Bread Chocolate Crispie
	WEDNESDAY	Roast Gammon Gravy V Vegetarian Sausage Roll Baked Baby Potatoes Carrots & Savoy Cabbage Homemade Crusty Bread Fruity Flapjack	Roast Pork with Apple Sauce V Vegetable Sausages Gravy Creamy Mashed Potato Roasted Parsnips & Green Beans Homemade Bread Cheese & Crackers	Roast Chicken & Yorkshire Pudding V Veggie Bites & Yorkshire Pudding Gravy Creamy Mashed Potato Autumnal Medley of Veg Sliced Bread Homemade Fruit Muffin
	THURSDAY	Chicken Korma & Rice V Quorn Korma & Rice Peas & Sweetcorn Naan Bread Cheese & Biscuits	V Dippers Baked Potato Wedges Ketchup Grated Carrot & Cucumber Sticks Homemade Bread Fruit Muffin	Meatballs & Pasta V Vegetarian Meatballs & Pasta Green Beans & Cauliflower Homemade Garlic Bread Chocolate Brownie
	FRIDAY	Fish Fingers V Vegetable Frittata Ketchup Chips Veggie Sticks Homemade 50/50 Bread Winter Berry Cake & Custard	Battered Fish V Vegetable Sausage Roll Ketchup Chips Peas & Sweetcorn Homemade 50/50 Bread Chocolate Sponge & Chocolate Sauce	Crispy Fish V Pizza Chips Winter Wrap \ Slaw Iced Fingers

If your child has an allergy or special dietary requirements, please inform the school so we can discuss their needs.

Our eggs are always Free-Range Eggs.

Our meals are free from undesirable additives, colouring and sweeteners.