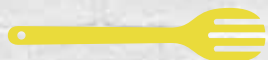


# WEEK 3

W/C: 18/11, 09/12, 20/01, 10/02, 03/03, 24/03



|  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|--|
| HOT MAINS  | <b>Macaroni Cheese</b><br>✓  | <b>Pork Sausages</b><br>Served with Mashed Potato and Gravy        | <b>Roast Beef</b><br>Served with Roast Potatoes and Gravy                              | <b>Chicken and Vegetable Korma</b><br>Served with Wholegrain Rice  | <b>Fish Fingers</b><br>Served with Chips                           |
|  | <b>BBQ Quorn Fillet</b> ✓<br>Served with Wholegrain Rice           | <b>Quorn Sausages</b> ✓<br>Served with Mashed Potato and Gravy     | <b>Roasted Vegetable and Cranberry Slice</b> ✓<br>Served with Roast Potatoes and Gravy | <b>Tomato and Sweetcorn Pasta</b> ✓<br>Served with Wholegrain Rice | <b>Cheese and Sweetcorn Omelette</b> ✓<br>Served with Chips        |
| JACKET POTATO  | <b>Jacket Potatoes</b> ✓<br>with a choice of hot and cold fillings | <b>Jacket Potatoes</b> ✓<br>with a choice of hot and cold fillings | <b>Jacket Potatoes</b> ✓<br>with a choice of hot and cold fillings                     | <b>Jacket Potatoes</b> ✓<br>with a choice of hot and cold fillings | <b>Jacket Potatoes</b> ✓<br>with a choice of hot and cold fillings |
| Tomato Pasta Fresh, homemade tomato sauce with penne pasta ✓ |  |  |  |  |  |
| All main meals are served with two vegetables                |  |  |  |  |  |
| DESSERT  | <b>Chocolate Beet Brownie with Orange Slices</b>                   | <b>Bread and Butter Pudding with Custard</b>                       | <b>Sicilian Lemon Cookie with Fruit</b>  | <b>Jam and Coconut Sponge with Custard</b>                         | <b>Vanilla Ice Cream</b>   |

## PACKED LUNCH

Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

# THREE WEEK MENU

## AUTUMN/WINTER 2024



Our new menu chosen by parents and children – Your favourites available every day



Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

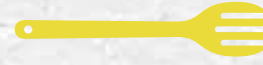
# WEEK 1

W/C: 04/11, 25/11, 16/12, 06/01, 27/01, 10/03, 31/03



# WEEK 2

W/C: 11/11, 02/12, 13/01, 03/02, 24/02, 17/03



|  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|---|
| HOT MAINS  | Macaroni Cheese   | Classic Beef Burger<br>Served with Potato Wedges                                      | Roast Gammon<br>Served with Roast Potatoes and Gravy      | BBQ Chicken Pizza<br>Served with Pesto Pasta              | Fish Fingers<br>Served with Chips                         |
|  | Cheesy Bean Burrito                                       | Quorn Burger<br>Served with Potato Wedges   | Roast Quorn<br>Served with Roast Potatoes and Gravy       | Meatless Feast Cheesy Pizza<br>Served with Pesto Pasta    | Veggie Fingers<br>Served with Chips                       |
| JACKET POTATO  | Jacket Potatoes<br>with a choice of hot and cold fillings | Jacket Potatoes<br>with a choice of hot and cold fillings including Salmon Mayonnaise | Jacket Potatoes<br>with a choice of hot and cold fillings | Jacket Potatoes<br>with a choice of hot and cold fillings | Jacket Potatoes<br>with a choice of hot and cold fillings |
| Tomato Pasta Fresh, homemade tomato sauce with penne pasta |   |   |   |   |   |
| All main meals are served with two vegetables              |   |   |   |   |   |
| DESSERT  | Flapjack with Fruit                                       | Apple Crumble with Custard  | Rice Pudding with Jam or Chocolate Spread                 | Raspberry Jelly   | Chocolate Brownie   |

|  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|---|--|---|
| HOT MAINS  | Veggie Supreme Pizza<br>Served with Pesto Pasta           | Beef Bolognese<br>Served with Wholewheat Pasta            | Roast Chicken<br>Served with Roast Potatoes and Gravy     | Chicken and Vegetable Pie<br>Served with Mashed Potato and Gravy | Crispy Chicken Burger<br>Served with Chips                |
|  | Vegetable Fajita<br>Served with Wholegrain Rice           | Chinese Vegetable Noodles                                 | Winter Vegetable Hotpot<br>Served with Gravy              | Macaroni Cheese  | Quorn Dippers<br>Served with Chips                        |
| JACKET POTATO  | Jacket Potatoes<br>with a choice of hot and cold fillings | Jacket Potatoes<br>with a choice of hot and cold fillings | Jacket Potatoes<br>with a choice of hot and cold fillings | Jacket Potatoes<br>with a choice of hot and cold fillings        | Jacket Potatoes<br>with a choice of hot and cold fillings |
| Tomato Pasta Fresh, homemade tomato sauce with penne pasta |   |   |   |  |   |
| All main meals are served with two vegetables              |   |   |   |  |   |
| DESSERT  | Apple and Cinnamon Sponge with Custard                    | Crunchy Chocolate Mousse                                  | Fruits of the Forest Jelly                                | Orange Glazed Sticky Sponge Pudding with Custard                 | Chocolate Cookie  |

**PACKED LUNCH**  
Ham and Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

**AVAILABLE EVERY DAY**  
Water, salad, freshly baked bread, yoghurt & fresh fruit

Vegetarian Oily Fish Wholegrain Fruity! Nutritionist's Choice