

MENU WEF 30 OCTOBER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1: 30 Oct, 20 Nov, 11 Dec, 01 Jan, 22 Jan, 04 Mar, 25 Mar					
Option 1 - Vegetarian/Vegan	Vegetable Biryani	Vegetable & Lentil Bolognese with Penne Pasta	Quorn Sausage with Roast Potatoes & Gravy	Macaroni Cheese	Cheese & Onion Quiche with Chips
Option 2 - Meat/Fish	Margharita Pizza	Chicken & Sweetcorn Meatballs in Tomato Sauce with Spaghetti	Roast Chicken with Roast Potatoes & Gravy	Beef Keema with Rice	Fish Fingers with Chips
Option 3 - Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Vegetables	Sweetcorn & Broccoli	Peas & Cauliflower	Carrots & Green Beans	Sweetcorn & Vegetable Medley	Peas & Baked Beans
Salad & Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread
Dessert	Apple Crumble with Custard	Pineapple Upside Down Sponge	Strawberry Jelly	Orange Drizzle Cake	Chocolate Angel Delight
Dessert Alternative	Fruit or Peach/Strawberry Yoghurt	Fruit or Peach/Strawberry Yoghurt	Fruit/Peach or Strawberry Yoghurt	Fruit/Peach or Strawberry Yoghurt	Fruit/Peach or Strawberry Yoghurt

WEEK 2: 6Nov, 27 Nov, 18 Dec, 08/01, 29/01, 19/02, 11/03					
Option 1 - Vegetarian/Vegan	Mixed Vegetable & Chickpea Spicy Rice	Quorn Burger in a Bun with Rice	Roasted Soy Strips with Roast Potatoes & Gravy	Tomato, Lentil & Bean Pasta Bake	Quorn Nuggets with Chips
Option 2 - Meat/Fish	Margharita Pizza with Wedges	Chicken & Vegetable Stir Fry with Rice	Pork Sausages with Roast Potatoes & Gravy	Chicken Meatball Sub	Fish Fingers with Chips
Option 3 - Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Vegetables	Carrots & Vegetable Medley	Sweetcorn & Broccoli	Peas & Roasted Root Vegetables	Sweetcorn & Green Beans	Peas & Baked Beans
Salad & Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread
Dessert	Ice Lolly	Pear & Berry Crumble with Custard	Strawberry Angel Delight	Chocolate Muffin	Fruit Salad
Dessert Alternative	Fruit or Peach/Strawberry Yoghurt	Fruit or Peach/Strawberry Yoghurt	Fruit or Peach/Strawberry Yoghurt	Fruit or Peach/Strawberry Yoghurt	Fruit or Peach/Strawberry Yoghurt

WEEK 3: 13 Nov, 4 Dec, 15 Jan, 5 Feb, 26 Feb, 18 Mar					
Option 1 - Vegetarian/Vegan	Chickpea & Vegetable Tagine with Lemon Couscous	Spaghetti with Plain Tomato Sauce	Quorn Hotdog with Roast potatoes	Honey & Ginger Soya Strips with Noodles	Cheese & Tomato Whirl with Chips
Option 2 - Meat/Fish	Margharita Pizza with Wedges	Beef Pasta Bolognese	Roast Pork with Roast Potatoes & Gravy	Chicken Curry & Rice	Fish Fingers with Chips
Option 3 - Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Vegetables	Carrots & Green Beans	Peas & Roasted Mediterranean Vegetables	Carrots & Green Cabbage	Sweetcorn & Broccoli	Peas & Baked Beans
Salad & Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread
Dessert	Apple Crumble	Vanilla Sponge with Apple Compote	Orange Jelly	Pear & Chocolate Sponge	Butterscotch Angel Delight
Dessert Alternative	Fruit or Peach/Strawberry Yoghurt	Fruit or Peach/Strawberry Yoghurt	Fruit or Peach/Strawberry Yoghurt	Fruit or Peach/Strawberry Yoghurt	Fruit or Peach/Strawberry Yoghurt