## **AUTUMN /WINTER MENU 2022**

|                       | MONDAY                                 | TUESDAY                                | WEDNESDAY  | THURSDAY                                | FRIDAY                             |
|-----------------------|--|--|--|---|------------------------------------|
| WEEK 1                | Fish Bites                             | Roast Beef                             | Pasta Bolognese/Meatballs<br>(V) Tomato Pasta    | Roast chicken<br>(V) Cauliflower cheese | Battered Fish                      |
| 7 <sup>th</sup> SEPT  | Crab Cakes<br>(V) Veggie Bake          | (V) Vegetable Hotpot<br>Roast Potatoes | Warm Baguette Mixed Vegetables or Jacket         | Roast Potatoes                          | (V) Cheese Pasta<br>Chipped Potato |
| 26 <sup>th</sup> SEPT | Jacket Wedges, Sweetcorn or            | Shredded Cabbage                       | Potato   | Cauliflower and Broccoli                | Garden Peas                        |
| 17 <sup>th</sup> OCT  | Baked Beans                            | Sliced Carrots                         | Grated Cheese                                    | Gravy                                   | Tomato Sauce                       |
| 14 <sup>th</sup> NOV  |  |  |  |   |                                    |
| 5 <sup>th</sup> DEC   | Blueberry Muffin Cake                  | Sticky Toffee Pudding                  | Arctic Sponge Roll                               | Banana Cake                             | Australian Crunch                  |
|                       |  |  |  | Sausages and Yorkshire                  |                                    |
| WEEK 2                | Pulled Pork or Chicken Wraps           | Gammon                                 | Chicken Korma                                    | Pudding                                 | Fish Fingers                       |
|                       | (V) Cheese Wrap                        | (V) Veggie Pie                         | (V) Cheese Pizza                                 | (V) Veggie Sausage                      | (V) Veggie Fingers                 |
| 12 <sup>th</sup> SEPT | Salad bar                              | Roast Potatoes                         | Sauté Potatoes                                   | Roast Potatoes                          | Chipped Potatoes                   |
| 3 <sup>rd</sup> OCT   | Salad bar<br>Coleslaw                  | Swede<br>Cauliflower                   | Sweetcorn<br>Naan Bread                          | Mixed Vegetables<br>Gravy               | Salad Bar or Peas                  |
| 31st OCT              | Beetroot                               | Gravy                                  | Rice   | Glavy                                   | Shortbread Fingers                 |
| 21 <sup>st</sup> NOV  | Beetroot                               | S. a. ,                                | THEE   | Vanilla Ice Cream                       | Milk                               |
| 12 <sup>th</sup> DEC  | Flapjack<br>Fruit Juice                | Carrot Cake                            | Mango & Orange Smoothie                          | Chocolate Sauce                         |                                    |
| WEEK 3                |  | Roast Beef                             | Homemade Chicken Pie<br>Or Crispy chicken pieces | Roast Gammon                            | Fish Cake                          |
|                       | Selection of Filled Sandwiches or Baps | (V) Veggie Roast<br>Roast Potatoes     | (V) Veggie Pasty                                 | (V) Cauliflower Cheese                  | (V) Omelette<br>Chipped Potatoes   |
| 19 <sup>th</sup> SEPT | ог варs<br>Pasta Salad                 | Broccoli                               | Mashed Potatoes                                  | Roast Potatoes                          | Sweetcorn                          |
| 10 <sup>th</sup> OCT  | Vegetable Sticks                       | Carrots                                |  | Swede & Carrot                          | Tomato Sauce                       |
| 7 <sup>th</sup> NOV   | 0                                      | Gravy                                  | Peas   | Gravy                                   | Pasta Bar                          |
| 28 <sup>th</sup> NOV  | Yogurt and Fruit Cocktail              | •                                      | Gravy  | Oat Slice                               |                                    |
|                       |  | Lemon Drizzle Cake                     | Ginger Bread & Custard                           | out slice                               | Chocolate Cracknel                 |

Salad, fruit bar & jacket potatoes available daily.

## **SNACK MENU KS2**

## FOOD:

- Yoghurt
- Fruit
- Toast
- Vegetable Sticks
- Cereal
- Bread Sticks & Cheese

## **DRINKS:**

• Milk

