



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week Commencing
MEAT	Meat Free Monday	Lamb Masala With Rice	Roast Chicken	Chicken Burger with Battered Onion Rings	Fish Fingers with Chips	Tues 01.11.22 Mon 21.11.22
VEGETARIAN	Arrabiata Pasta with salad	Tofu Mixed Veg. Spinach Masala With Rice	Roast Quorn Swedish Balls	Veggie Burger With Battered Onion Rings	Homemade Veggie Fingers with Chips	Mon 12.12.22 Mon 16.01.23 Mon 06.02.23 Mon 06.03.23 Mon 27.03.23
	Jacket Potato with Cheese/Coleslaw/Beans	Green Beans Sweetcorn	Roast Potatoes, Carrots, Peas Gravy	Salad Tomato ketchup	Peas, Baked Beans, Tomato Ketchup	
DESSERT	Fruit Crumble with Custard	Yoghurt/Fruit	Strawberry Jam Sponge	Jelly	Ice cream	

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week Commencing
MEAT	Meat Free Monday	Chicken Pizza	Mixed Herb Roast Chicken	Lamb Bolognese	Fish Fillet with Chips	Mon 07.11.22 Mon 28.11.22
VEGETARIAN	Cheesy Veg Spinach Swirls with Waffles	Margherita Veggie Spinach Pizza	Mixed Herb Quorn Fillet	Mixed Veg Bolognese	Plant Base Sausage Rolls with Chips	Tues 03.01.23 Mon 23.01.23 Tues 21.02.23 Mon 13.03.23
	Jacket Potato with Cheese/Coleslaw/Beans	Pasta, Sweetcorn, Coleslaw Salad	Roast Potatoes, Broccoli, Cauliflower Gravy	Pasta	Peas, Baked Beans, Tomato Ketchup	
DESSERT	Lemon Curd Tart	Jelly	Chocolate Cake with Custard	Pineapple Cake	Ice cream	

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week Commencing
MEAT	Meat Free Monday	Chicken Korma with Rice	Roast Garlic Chicken	Mexican Chilli Con carne	Fish Goujons with Chips	Mon 14.11.22 Mon 05.12.22 Mon 09.01.23 Mon 30.01.23 Mon 27.02.23 Mon 20.03.23
VEGETARIAN	Cauliflower & Broccoli Pasta Bake	Mixed Veg Spinach Korma with Rice	Vegan Sausages	Five Beans Chilli Con carne	Quorn Nuggets with Chips	
	Jacket Potato with Cheese/Coleslaw/Beans	Salad	Roast Potatoes, Cabbage, Peas, Gravy	Tortill Chips Garlic Bread	Peas, Baked Beans Tomato Ketchup	
DESSERT	Eve Pudding with Custard	Yoghurt/Fruit	Carrot Cake	Fruit/Yoghurt	Ice cream	

To help make sure our children eat a healthy and varied diet, wholemeal brown bread and a range of different salads are available. These range from pasta salad, beetroot, cucumber slices, spinach, sweetcorn, coleslaw, lettuce and carrot sticks.

Jacket Potatoes are also available every day as an alternative if required.

### Food Allergies

We have a register of menus detailing the dietary allergens in the school canteen. Please note that some ingredients may contain traces of nuts. If your child suffers from any allergies, please let the office know in advance.

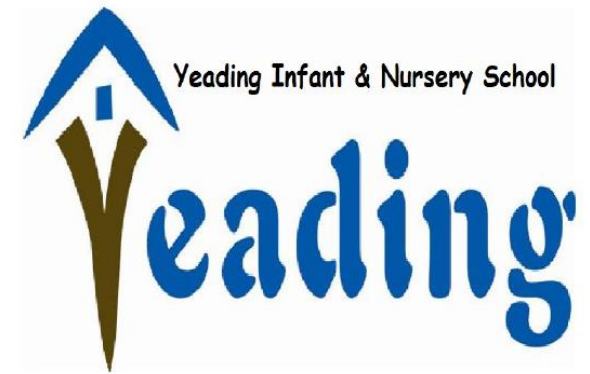
**PLEASE NOTE THAT THE MENU IS SUBJECT TO CHANGE AT SHORT NOTICE DEPENDING ON AVAILABILITY OF INGREDIENTS**

Yeading Infant & Nursery School  
Carlyon Road  
Hayes  
UB4 0NR

0208 573 3389

[yeading@yeadinginf.co.uk](mailto:yeading@yeadinginf.co.uk)

[www.yeadinginf.co.uk](http://www.yeadinginf.co.uk)



## School Menu