



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week Commencing
MEAT	<b>Meat Free Monday</b>	Lamb Mince Masala with Rice	Roast Chicken with Roast Potatoes and Gravy	Margherita Pizza	Fish Goujons with Chips	Wed 06.09.23 Mon 25.09.23
VEGETARIAN	<b>Cheesy Mixed Veg Pasta with Salad</b>	Tofu Mixed Veg. Masala with Rice	Vegetarian Strips with Roast Potatoes and Gravy	Chicken Pizza	Quorn Nuggets with Chips	Mon 16.10.23
	<b>Jacket Potato with Cheese/Coleslaw/Beans</b>	Carrots Peas	Stir Fry Cabbage & Spinach	Pasta Salad Coleslaw	Peas/Baked Beans Tomato Ketchup	
DESSERT	<b>Oranges and Grapes</b>	Carrot Cake	Jelly	Yoghurt	Ice cream	

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week Commencing
MEAT	<b>Meat Free Monday</b>	Lamb Meat Balls in Tomato Sauce	Roast Turkey with Roast Potatoes Gravy and Yorkshire Pudding	Chicken Noodles	Fish Fingers with Chips	Mon 11.09.23 Mon 02.10.23
VEGETARIAN	<b>Cheesy Spinach Swirls Potato Croquettes Baked Beans</b>	Vegan Balls in Tomato Sauce	Quorn Rolls with Roast Potatoes, Gravy and Yorkshire Pudding	Vegetable Egg Noodles	Veggie Fingers with Chips	
	<b>Jacket Potato with Cheese/Coleslaw/Beans</b>	Pasta Cauliflower	Carrots	Jacket Potato with Cheese/Coleslaw/Beans	Peas/Baked Beans Tomato Ketchup	
DESSERT	<b>Fruit Crumble with Cream</b>	Yoghurt	Chocolate Cake	Jelly	Ice cream	

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week Commencing
MEAT	<b>Meat Free Monday</b>	Chicken Korma with Rice	Roast Herb Chicken with Roast Potatoes and Gravy	Lamb Kebab with Pitta Bread	Fish fillet with Chips	Mon 18.09.23 Mon 09.10.23
VEGETARIAN	<b>Vegetarian Quorn Hot Dog with Onion Rings, Ketchup</b>	Mixed Veg Korma with Rice	Veggie Glamorgan Style Sausage with Roast Potatoes and Gravy	Falafel with Pitta Bread	Plant based mini Sausage Rolls with Chips	
	<b>Jacket Potato with Cheese/Coleslaw/Beans</b>	Carrots, Spinach, Cucumber	Broccoli	Hummus Mint Sauce	Peas/Baked Beans Tomato Ketchup	
DESSERT	<b>Melon and Grapes</b>	Banana Cake	Yoghurt	Orange Drizzle Cake	Ice cream	

To help make sure our children eat a healthy and varied diet, wholesome brown bread with cheese and boiled eggs are also available on request along with plain pasta and a range of salads.

The salads range from, beetroot, cucumber, tomatoes, sweetcorn, coleslaw, lettuce and carrot sticks.

We also serve freshly chopped tropical fruit and low fat yoghurt every day.

### 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.**

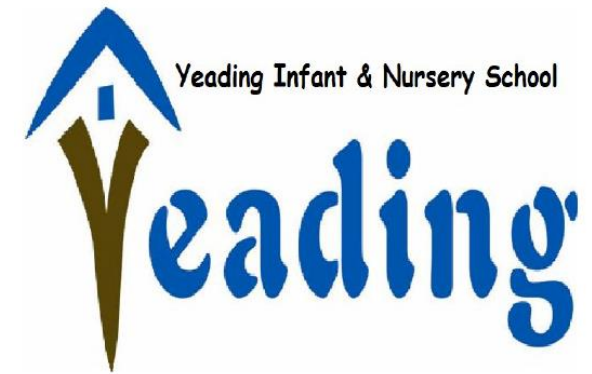
**PLEASE NOTE THAT THE MENU IS  
SUBJECT TO CHANGE AT SHORT  
NOTICE DEPENDING ON  
AVAILABILITY OF INGREDIENTS**

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