School Menu Autumn/Winter 2023

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week Commencing
MEAT	Mark From Manday	Lamb Lasagne	Roast Chicken with	Lamb Keema with Rice	Fish Fingers with Chips	Tues 31.10.23
IVIEAT	Meat Free Monday	Lailin Lasagile	Roast Potatoes and Gravy	Lamb Reema with Rice	rish ringers with Chips	Mon 20.11.23
VEGETARIAN	Arrabiata Pasta with Salad	Mixed Veg Lasagne	Roast Quorn Strips with	Quorn Keema with Rice	Plant Based Sausage Roll	Mon 11.12.23
			Roast Potatoes and Gravy		with Chips	Mon 15.01.24
	Jacket Potato with	Carrots	Sweetcorn	Cucumber, Carrot Sticks	Peas/Baked Beans	Mon 05.02.24
	Cheese/Coleslaw/Beans	Green Beans			Tomato Ketchup	Mon 04.03.24
DESSERT	Yoghurt	Chocolate Cake	Melon, Grapes	Jelly	Ice cream	Mon 25.03.24

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week
						Commencing
MEAT	Meat Free Monday	Lamb Chilli Con Carne with	Mixed Herb Roast Chicken with	Chicken Pizza	Battered Fish Fillet with	Mon 06.11.23
	,	Garlic Bread	Roast Potatoes and Gravy		Chips	Mon 27.11.23
VEGETARIAN	Maccaroni Cheese Pasta	Mix Veg Chilli Con Carne with	Roast Quorn with	Margherita Pizza	Vegan Quorn Nuggets with	Mon 18.12.23
	with mixed Peppers and	Garlic Bread	Roast Potatoes and Gravy		Chips	Mon 22.01.24
	Sweetcorn with Salad					Tue 20.02.24
	Jacket Potato with	Stir fry Cabbage	Cabbage, Spinach	Pasta, Sweetcorn ,Coleslaw	Peas/Baked Beans	Mon 11.03.24
	Cheese/Coleslaw/Beans				Tomato Ketchup	
DESSERT	Apple Crumble with	Banana Cake	Pineapple Cake	Yoghurt	Ice cream	
	Custard					

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week
						Commencing
MEAT	Meat Free Monday	Chicken Curry with Rice	Roast Garlic Chicken with	Lamb Spaghetti Bolognaise	Fish Goujons with Chips	Mon 13.11.23
	_		Roast Potatoes and Gravy			Mon 04.12.23
VEGETARIAN	Vegan Quorn Sausage Rolls	Mixed Veg Tofu Curry with	Quorn Swedish Balls	Veggie Spaghetti Bolognaise	Cheesy Veg Tofu baked	Mon 08.01.24
	with Onion Rings	Rice	with Roast Potatoes and Gravy		Wrap with Chips	Mon 29.01.24
	Jacket Potato with	Cucumber, Tomatoes	Cauliflower, Broccoli	Peas, Carrots	Peas/Baked Beans	Mon 26.02.24
	Cheese/Coleslaw/Beans				Tomato Ketchup	Mon 18.03.24
	Fruit Salad	Carrot Cake	Yoghurt	Lemon 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

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School Menu