

Autumn Winter 2022 Central Menu Option B

Added Plant Power
 Vegan
 Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One	Option 1	Cheesy Swirl with New Potatoes	Chicken Curry with Rice	Roast of the Day with Stuffing, Roast Potatoes and Gravy	Build a Burger Day A choice of Burger (meat, veggie or vegan) Toppings and Potato Wedges	Fishfingers/ Salmon Fishfingers with Chips
	Option 2	Tomato Pasta	Veggie Wrap Stack with Rice	Crunchy Top Veg Bake with Roast Potatoes		Cheese Omelette with Chips
	Vegetables	Cauliflower Green Beans	Peas Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
	Dessert	Pear and Chocolate Crumble with Custard	Yoghurt & Raisin Cake	Fresh Fruit and Yoghurt Station	Seasonal Root Cake	Vanilla Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Two	Option 1	Mac and Cheese Station	Chicken Pie with Mashed Potato	Sausage, Onions and Gravy with Roast Potatoes	Spaghetti Bolognese with Garlic Bread	Fishfingers with Chips
	Option 2	A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Veggie Shepherd's Pie with Gravy	Cauliflower and Broccoli Cheese with Roast Potatoes	Vegetable Fajitas with Rice	Mexican Roll with Chips
	Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Brussel Sprouts	Green Beans Roasted Butternut Squash	Peas Baked Beans
	Dessert	Jelly with Mandarins	Chocolate Drizzle Cake	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard	Oaty Cookie
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three	Option 1	Cheese and Tomato Pizza	Sausage Roll with Potato Wedges	Quirky Bird A choice of flavoured chicken or vegan Quorn, With Potato Wedges and Salads	Sticky Chicken Noodles	Fishfingers with Chips
	Option 2	Veggie Chilli with Rice	Veggie Sausage with Potato Wedges		Chinese Vegetable Curry with Rice	Cheese Quiche with Chips
	Vegetables	Green Beans Carrots	Baked Beans Sweetcorn	Cauliflower Peas	Broccoli Carrots	Mushy Peas Baked Beans
	Dessert	Marble Cake	Chocolate Cookie	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard	Apple, Cheese and Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

Autumn Winter 2022 Central Menu Option B Coded Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Option 1	Cheesy Swirl with New Potatoes #V27 #SD2	Chicken Korma Curry with Rice #SD84 #C86	Roast of the Day with Stuffing, Roast Potatoes and Gravy #SD7 #SD82 #SD40 #SD107	Build a Burger Day A choice of Burger (meat, veggie or vegan) with Toppings and Potato Wedges	Fishfingers/ Salmon Fishfingers with Chips #F6 / #F1 #SD5
	Option 2	Tomato Pasta #V188 #SD11	Veggie Wrap Stack with Rice #V105 #SD84	Crunchy Top Veg Bake with Roast Potatoes #V193 #SD7 #SD82 #SD107		Cheese Omelette with Chips #V24 #SD5
	Vegetables	Cauliflower #SD27 Green Beans #SD24	Peas #SD18 Sweetcorn #SD19	Carrot & Swede Mash #SD53 Cabbage #SD35	Sweetcorn #SD19 Roasted Peppers #SD26	Peas #SD18 Baked Beans #SD22
	Dessert	Pear and Chocolate Crumble with Custard #D142 #D2	Yoghurt & Raisin Cake #D172	Fresh Fruit and Yoghurt Station	Seasonal Root Cake #D211	Vanilla Shortbread #D57
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Two	Option 1	Mac and Cheese Station	Chicken Pie with Mashed Potato #C71	Sausage, Onions and Gravy with Roast Potatoes #P3 #SD7 #SD82 #SD107 #SD116	Spaghetti Bolognese with Garlic Bread #B37 #SD8 #SD50	Fishfingers with Chips #F6 #SD5
	Option 2	A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Veggie Shepherd's Pie with Gravy #V170 #SD107	Cauliflower and Broccoli Cheese with Roast Potatoes #V210 #SD7 #SD82	Vegetable Fajitas with Rice #V211 #SD84	Mexican Roll with Chips #V161 #SD5
	Vegetables	Peas #SD18 Carrots #SD28	Broccoli #SD20 Sweetcorn #SD19	Carrots #SD28 Brussel Sprouts #SD64	Green Beans #SD24 Roasted Butternut Squash #SD31	Peas #SD18 Baked Beans #SD22
	Dessert	Raspberry Jelly with Mandarins #D217	Chocolate Drizzle Cake #D198	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard #D218 #D2	Oaty Cookie #D85
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Three	Option 1	Cheese and Tomato Pizza #V203	Sausage Roll with Potato Wedges #P19 #SD6	Quirky Bird A choice of flavoured Chicken or vegan Quorn, With Potato Wedges and Salads	Sticky Chicken Noodles #C87	Fishfingers with Chips #F6 #SD5
	Option 2	Veggie Chilli with Rice #V138 #SD84	Veggie Sausage with Potato Wedges #V182 #SD6		Chinese Vegetable Curry with Rice #V212 #SD84	Cheese Quiche with Chips #V113 #SD5
	Vegetables	Green Beans #SD24 Carrots #SD28	Baked Beans #SD22 Sweetcorn #SD19	Cauliflower #SD27 Peas #SD18	Broccoli #SD20 Carrots #SD28	Mushy Peas #SD111 Baked Beans #SD22
	Dessert	Marble Cake #D199	Chocolate Cookie #D40	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard #D173 #D2	Apple, Cheese and Crackers #D4
Or a choice of Yoghurt & Fresh Fruit available daily						

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