



# MENU

Food. Health. Earth. **AUTUMN/WINTER 2022/23**

# FREE

for every Gastronomer in Reception and Years 1 and 2! (worth £460 per school year)

OR

# ONLY

# £2.60



Outstanding quality prepared by award winning Chefs



Reduced sugar and salt recipes



Unlimited freshly baked bread and vegetables, crudités or salad bar every day

## WEEK 1

Week starting: 31 Oct  
21 Nov | 12 Dec | 16 Jan  
6 Feb | 6 Mar | 27 Mar

- MONDAY** Margherita pizza with herby potatoes and coleslaw
- Veggie bean taco with herby potatoes and coleslaw
- DESSERT:** Fruit salad\*

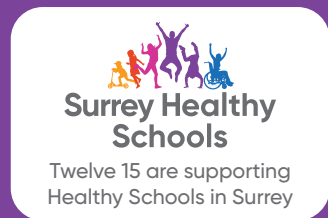
- TUESDAY** Chicken katsu curry with white rice and broccoli
- Cheese and potato pie with baked beans
- DESSERT:** Chocolate crunch and custard

- WEDNESDAY** Roast British gammon with roast potatoes, carrots and gravy
- Vegan sausage with roast potatoes, peas and gravy
- DESSERT:** Yoghurt selection

- THURSDAY** Beef Bolognese with wholemeal pasta and sweetcorn
- Oriental tofu stir fry with noodles and green beans
- DESSERT:** Apple crumble & custard\*

- FRIDAY** Salmon and sweet potato fishcake with oven baked chips and baked beans
- Falafel burger and tomato salsa with oven baked chips and peas
- DESSERT:** Vanilla ice cream

Suitable for Vegetarians.  
\*Desserts highlighted with an asterix contain a minimum of 50% fruit. Fruit or yoghurt is available daily as an alternative to the advertised pudding. Please check with the school as the menus may be changed to meet the needs of the school.



## WEEK 2

Week starting: 7 Nov  
28 Nov | 2 Jan | 23 Jan  
20 Feb | 13 Mar

- MONDAY** Mac 'n' cheese with herby potatoes and mixed salad
- Veggie burrito with herby potatoes and mixed salad
- DESSERT:** Oaty apple muffin with fresh apple slices\*

- TUESDAY** Jerk chicken rice and peas
- Tomato and basil gnocchi with garlic bread and sweetcorn
- DESSERT:** Chocolate brownie

- WEDNESDAY** Roast British beef with Yorkshire pudding, roast potatoes, broccoli and gravy
- Vegan Cumberland sausage with roast potatoes, carrots and gravy
- DESSERT:** Fruit salad\*

- THURSDAY** Pork and carrot meatballs in tomato sauce with wholemeal pasta and green beans
- Sweet potato and jackfruit curry with white rice and cauliflower
- DESSERT:** Yoghurt selection

- FRIDAY** Pollock fish fingers with oven baked chips and baked beans
- Vegetable fingers with oven baked chips and peas
- DESSERT:** Chocolate and orange shortbread

## WEEK 3

Week starting: 14 Nov  
5 Dec | 9 Jan | 30 Jan  
27 Feb | 20 Mar

- MONDAY** Shepherdless pie with peas
- Cheese and broccoli quiche with freshly baked bread and carrots
- DESSERT:** Lemon drizzle cake

- TUESDAY** Cumberland pork sausages with mashed potato and green beans
- Mediterranean vegetable pasta bake with sweetcorn
- DESSERT:** Jaffa cake pots\*

- WEDNESDAY** Roast British chicken with sage and onion stuffing, roast potatoes, winter greens and gravy
- Quorn fillet with sage and onion stuffing, roast potatoes, winter greens and gravy
- DESSERT:** Yoghurt selection

- THURSDAY** Beef fajita pasta with broccoli
- Veggie Moroccan meatballs with wholemeal pasta and carrots
- DESSERT:** Fruit salad\*

- FRIDAY** Breaded Pollock fillet with oven baked chips and peas
- Vegan nuggets with oven baked chips and baked beans
- DESSERT:** Chocolate & pear sponge

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