

WEEK ONE

Week Commencing: 31st October 2022, 21st November 2022, 12th December 2022, 16th January 2023, 6th February 2023, 6th March, 27th March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Beef Lasagne	Beef Burger in a Bun	 Roast Pork & Gravy	 Chicken Curry	Oven Baked Fish Fingers
 Vegetable lasagne (V)	Quorn Pattie Burger in Bun	 Quorn Roast (V)	Vegetarian Sausage Roll (V)	Cheese & Tomato Pizza (V)
Diced Potatoes New Potatoes Broccoli Carrots Mixed Salad of the Season Garlic Bread	Oven Baked Wedges Pasta Baked Beans Coleslaw Mixed Salad of the Season Tomato Bread	Roast Potatoes Creamed Potatoes Green Beans Baton Carrots Mixed Salad of the Season Wholemeal Bread	Diced Potatoes Rice Peas Sweetcorn Mixed Salad of the Season Twin Bread	Chunky Chips Potato Cake Baked Beans Peas Mixed Salad of the Season White Bread
Chocolate Ice Cream Roll Fruit Yoghurt Seasonal Fresh Fruit Platter.	 Apple Crumble & Custard Fruit Yoghurt Seasonal Fresh Fruit Platter	 Crunchy Carrot Cookie Fruit Yoghurt Seasonal Fresh Fruit Platter	 Chocolate Cake & Custard Fruit Yoghurt Seasonal Fresh Fruit Platter	Strawberry and Vanilla Mousse Fruit Yoghurt Seasonal Fresh Fruit Platter

AVAILABLE DAILY

Jacket Potatoes with Filling , Freshly Made Sandwiches and Wraps, Seasonal Fruit Platter, Fresh Salad Bar, Home Baked Breads and Freshly Made Yoghurts available daily in addition to the above Menu offering.



Denotes freshly prepared dishes.

Menus may change to meet customers' preferences, a promotional event and seasonal variation.

A range of locally sourced products are used when available and seafood with this mark comes from an MSC certified sustainable fishery. www.msc.org

Allergies - please contact your school cook for more information about the content of menu items.

MSC-C-54995



Fresh Cook

WEEK TWO

Week Commencing: 7th November 2022, 28th November 2022, 2nd January 2023, 23rd January 2023, 13th February 2023, 13th March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Spaghetti Bolognese	Oven Baked Sausages	 Roast Chicken & Gravy	Pork & Carrot Meatballs with Pasta	Fish Cake /Salmon Fish Cake
 Vegetable Fajitas	Fish Finger Wrap	 Macaroni Cheese (V)	 Vegetable Cottage Pie (V)	Cheese & Tomato Pizza (V)
½ Jacket Potato Spaghetti Cauliflower Peas Mixed Salad of the Season Garlic Bread	Oven Baked Potato Wedges Savoury Rice Carrots Broccoli Florets Mixed Salad of the Season Herb Bread	Roast Potatoes Creamy Mashed Potatoes Greens Beans Roast Parsnips Mixed Salad of the Season Wholemeal Bread	Pasta Herb Diced Potatoes Sweetcorn Peas Mixed Salad of the Season Twin Bread	Chunky Chips Sweet Potato Mash Baked Beans Mixed Salad of the Season White Bread
 Homemade Carrot Cake Fruit Yoghurt Seasonal Fresh Fruit Platter	Jelly and Ice Cream Fruit Yoghurt Seasonal Fresh Fruit Platter	 Vanilla Iced Cake Fruit Yoghurt Seasonal Fresh fruit Platter	 Vanilla Chocolate Cookie Fruit Yoghurt Seasonal Fresh Fruit Platter	 Cherry Cheesecake Fruit Yoghurt Seasonal Fresh Fruit Platter

AVAILABLE DAILY

Jacket Potatoes with Filling , Freshly Made Sandwiches and Wraps, Seasonal Fruit Platter, Fresh Salad Bar, Home Baked Breads and Freshly Made Yoghurts available daily in addition to the above Menu offering.



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MSC-C-54995



Fresh Cook

WEEK THREE

Week Commencing: 14th November 2022, 5th December 2022, 9th January 2023, 30th January 2023, 27th February 2023, 20th March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Chicken Tikka Masala	Chicken Wrap	 Roast Beef & Gravy	 All Day Breakfast	Oven Baked Fish Fingers
 Sweet Potato & Lentil Curry (V)	Quorn Goujon Wrap (V)	 Tomato Basil Pasta (V)	 Meat Free All Day Breakfast (V)	Cheese & Tomato Pizza (V)
Savoury Rice Naan Bread Green Beans Mixed Salad of the Season Tomato Bread	Oven Baked Potato Wedges Corn on the Cob Coleslaw Mixed Salad of the Season White Bread	Roast Potatoes Creamed Mashed Potato Broccoli Florets Roast Parsnips Mixed Salad of the Season Twin Bread	Sweet Potato Fries Hash Browns Green Beans Sweetcorn Mixed Salad of the Season Wholemeal Bread	Chunky Chips Oven Baked Potato Wedges Baked Beans Peas Mixed Salad of the Season Herb Bread
 Ice Buns Fruit Yoghurt Seasonal Fresh Fruit Platter	 Vanilla Shortbread with Vanilla Sauce Fruit Yoghurt Seasonal Fresh Fruit Platter	 Orange Firecracker Cake & Custard Fruit Yoghurt Seasonal Fresh Fruit Platter	 Melting Moments Biscuits Fruit Yoghurt Seasonal Fresh Fruit Platter	Fruit Smoothie Fruit Yoghurt Seasonal Fresh Fruit Platter

AVAILABLE DAILY

Jacket Potatoes with Filling , Freshly Made Sandwiches and Wraps, Seasonal Fruit Platter, Fresh Salad Bar, Home Baked Breads and Freshly Made Yoghurts available daily in addition to the above Menu offering.



 Denotes freshly prepared dishes.

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A range of locally sourced products are used when available and all our fish comes from an MSC certified sustainable fishery.

Allergies - please contact your school cook for more information about the content of menu items.

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