

Autumn/Winter Menu 2022/23

Our mission is to provide each of our schools with a unique dining experience that is innovative, aspirational, quality assured and excellent value for money. We can assure you that our ingredients are responsibly, and where possible locally sourced. No ifs, no buts, our menu ingredients are all freshly prepared at your school. The results speak for themselves; access to hearty, wholesome and healthy food every school day.

Week 1 - 31st Oct/21st Nov/12th Dec/16th Jan/6th Feb/6th & 27th March

Meat Free Monday	Around the World Mexican Tuesday	Roast it Up Wednesday	Tasty Thursday	Fun Time Friday
M – Margherita Pizza	M - Beef Nachos & Tortilla	M – Roast Turkey & Stuffing	M – Big Brunch-Sausage,	M – Fish Fingers
Sides– Pasta or	Chips	V– Quorn Fillet	Bacon & Omelette	V – Quorn Nuggets
Wholegrain Rice &	Sides—Wholegrain Rice,	Sides - Dry Roasted or Mash	Sides - Baked Beans,	Sides - Chips or Pasta
Mixed Vegetables	Green Beans & Corn on	Potato, Fresh Sliced Car- rots, Shredded Cabbage &	Chopped Tomatoes & Hash Brown	Tomato Sauce, Peas &
ID Chaosa Baans or	Cob	Gravy	Hasii bi Owii	Sweetcorn
JP - Cheese, Beans or	JP - Cheese, Beans or Tuna	JP - Cheese, Beans or Tuna	JP - Cheese, Beans or	JP - Cheese, Beans or
Tuna	SPL—Sausage Roll	JP - Cheese, Beans of Tuna	Tuna	Tuna
SPL—Egg Roll	D – Chocolate Slice	SPL-Tuna Mayo Roll	SPL-Ham Roll	SPL-Cheese Roll
D – Fresh Fruit		D – Fruit Smoothie	D- Apple Cake	D – Cookie

M=Main Meal V=Vegetarian Meal JP= Jacket Potato D=Dessert SPL = School Pack Lunch

Week 2 - 7th & 28th Nov/2nd Jan & 23rd / 20th Feb /13th March

Meat Free Monday	Around the World	Roast it up Wednesday	Tasty Thursday	Fun Time Friday
M – Macaroni Cheese Sides - Mixed Vegeta- bles & Malted Baguette	American Tuesday M - Beef Burger in a Bap with Diced Potatoes Sides - Tomato Sauce, Corn on	M -Roast Chicken & Stuffing V – Cauliflower Bites Sides - Roast or Mash Pota-	M-Cottage Pie Sides - Cauliflower & Sweetcorn	M – Harry Ramsdens Battered Salmon Fillet V-Quorn Nuggets
JP - Cheese, Beans or Tuna	The Cob & Green Beans JP - Cheese, Beans or Tuna SPL-Cheese Roll	to Fresh Broccoli, Sliced Carrots & Gravy JP - Cheese, Beans or Tuna	JP - Cheese, Beans or Tuna	Sides – Chips or Wholegrain Rice, Peas & Baked Beans JP - Cheese, Beans or Tuna
SPL-Egg Roll D— Fresh Fruit	D – Carrot Cake	SPL-Tuna Mayo Roll D– Cheese, Crackers & Apple	SPL—Sausage Roll D — Jelly Pots	SPL-Ham Roll D– Cookie

Week 3 - 14th Nov/5th Dec/9th & 30th Jan/27th Feb/20th March

Meat Free Monday	Around the World Italian Tuesday	Roast it up Wednesday	, ,	Fun Time Friday
M - Cheese & Tomato Quiche	M— Mince Beef Lasagne with Malted Baguette Sides - Fresh Sliced Carrots &	M – Roast Pork & Apple Sauce V – Quorn Fillet	M– Organic Pork Meat Balls with Homemade Tomato Sauce & Pasta	M– Breaded Fish Fillet V– Vegan Sausage Roll
Sides - Wholegrain Rice or Wedges, Sweetcorn & Green Beans JP - Cheese, Tuna or Beans SPL-Egg Roll D - Fresh Fruit	Peas JP - Cheese, Tuna or Beans SPL-Ham Roll D— Warm Syrup Pancake & Apple	V – Quorn Fillet Sides - Roast or Mash Potato, Shredded Cabbage, Broccoli & Gravy JP - Cheese, Beans or Tuna SPL-Tuna Mayo Roll D – Fruit Smoothie	Sides - Malted Baguette, Fresh Sliced Carrots & Cau- liflower JP - Cheese, Beans or Tuna SPL-Sausage Roll D - Raspberry & Apple Cake	Sides - Chips or Pasta, Baked Beans & Cucumber Sticks JP - Cheese Beans or Tuna SPL-Cheese Roll D - Cookie

Low Fat Yoghurts, Fresh Fruit, Bread will be available daily.