

Winter/Spring Menu 2023

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 - 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, Bacon & Omelette	M – Fish Fingers
V – Halloumi Stuffed Pep-	Chips	V – Cauliflower & Broccoli Bake	V – Veggie Sausage & Ome-	V – Quorn Nuggets
pers	V – Mexican Bean Burritos		lette	Sides - Chips or Pasta
Sides – Pasta or	Sides—Wholegrain Rice,	Sides - Dry Roasted or Mash Potato, Fresh Sliced Car-	Sides - Baked Beans,	Tomato Sauce, Peas &
Wholegrain Rice & Mixed Vegetables	Green Beans & Corn on	rots, Shredded Cabbage &	Chopped Tomatoes, Mush-	Sweetcorn
S	Cob	Gravy	rooms & Hash Brown	JP - Cheese, Beans or
JP - Cheese, Beans or Tuna	JP - Cheese, Beans or Tuna	JP - Cheese, Beans or Tuna	JP - Cheese, Beans or Tuna	Tuna
SPL—Egg Roll	SPL—Sausage Roll	SPL-Tuna Mayo Roll	SPL-Ham Roll	SPL-Cheese Roll
D – Fresh Fruit	D – Chocolate Slice & Chocolate Sauce	D – Fruit Smoothie	D- Apple Crumble & Custard	D – Cookie

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

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

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

Week 3 - 9th & 30th Jan / 27th Feb / 20th March

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

Low Fat Yoghurts and Fresh Fruit will be available daily