



Autumn and Winter School Lunch Menu 2023 Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Option 1	Cheese and Tomato Pizza	Meatballs in Tomato Sauce	Roast Gammon Steak with gravy and Yorkshire Pudding	Beef Burger in a soft bun with Tomato Ketchup	Omega 3 Fish Finger
Main Course Vegetarian Option 2	Cheese and Tomato Pizza	Sweet Potato Falafel in Smokey tomato sauce	Sage and Onion Crispy Quorn Fillet	Filled Jacket Potato with Rainbow Salad	Quorn Dippers
Light Bite Option 3	Tuna Mayonnaise Filled Jacket Potato with Rainbow Salad	Jambalaya	Baked Beans Filled Jacket Filled Jacket Potato with Rainbow Salad	Vegetable Burger in a soft bun with Tomato Ketchup	Macaroni Cheese
Accompaniments	Tomato and Basil Pasta twirls Mixed Rainbow Salad	Spaghetti Peas	New Potatoes Carrots and Broccoli Rich gravy	Jacket Wedges Homemade Coleslaw	Chips Sweetcorn/Baked Beans
Dessert or Pudding	Fresh Fruit Pieces or Yeo Valley Yoghurt	Fruit Cocktail Jelly and Squirty Cream	Peaches, Pears and Creamy custard	Homemade Cookie	Fresh Fruit Pieces or Yeo Valley Yoghurt
Other items available	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Milk Fresh Water Fresh Fruit	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Milk Fresh Water Fresh Fruit	Wholemeal Bread Yeo Valley Yoghurts Fresh Milk Fresh Water Fresh Fruit	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Milk Fresh Water Fresh Fruit	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Milk Fresh Water Fresh Fruit

For Allergen information relating to this menu, please see your school website or contact the school Catering Manager who will be happy to give advice on any aspect of the menu. Menu items are liable to change on occasions.



Autumn and Winter School Lunch Menu 2023 Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Option 1	New! Meat-free Sausage Roll	Mild and Creamy Chicken Korma Curry with Mini Garlic Naan	Roast Pork Yorkshire Pudding and Gravy	All Day Breakfast Bacon, Scrambled Egg, Chipolata & Hash Brown	Battered Fish Fillet Lemon wedge
Main Course Option 2	Meat-free Sausage Roll	Spinach and Chickpea Curry with Mini Garlic Naan	Veggie Sausage with Yorkshire Pudding	Veggie Sausages	Pepper Frittata
Light Bite Option 3	Tuna Mayonnaise Filled Jacket Potato with Rainbow Salad	Tomato and Basil Pasta	Baked Beans Filled Jacket Potato with Rainbow Salad	Breakfast Wrap	Cheddar Cheese Filled Jacket Potato with Rainbow Salad
Accompaniments	Mashed Potato Baked Beans	Fluffy Rice Broccoli Florets	Fresh Carrots Sweetheart Cabbage Roast Potatoes	Baked Tomatoes Mushrooms Beans	Chips Peas
Dessert or Pudding	Fruit Salad	American Pancake with Raspberry Sauce	Apple Cake and Custard	Yeo Valley Yoghurt and Fresh Fruit Pieces	Homemade Brownie
Other items available	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Milk Fresh Water Fresh Fruit/Fruity Jelly	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Milk Fresh Water Fresh Fruit/Fruity Jelly	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Milk Fresh Water Fresh Fruit/Fruity Jelly	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Milk Fresh Water Fresh Fruit	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Milk Fresh Water Fresh Fruit

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