AUTUMN TERM 2022

WEEK A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creamy Tomato Pasta (V)	Lentil Bolognese & Spaghetti (VE)	Roast Chicken, Vegetable Traybake & Yorkshire Pudding	Minced Beef & Onion Pie With diced potatoes	Cod or Salmon Fish Fingers & Chips
Sweetcorn & Chickpea Burger with homemade tomato sauce in a bun (VE)	Margherita Pizza (V) Vegan available	Winter Vegetable Ragu (VE)	Leek & Potato Bake (VE)	Vegetable Lasagne (V)
Jacket Potato with a choice of: Baked beans, Cheese, Coleslaw and Tuna mayonnaise	Jacket Potato with a choice of: Baked Beans, Cheese, Coleslaw and Tuna mayonnaise	Jacket Potato with a choice of: Baked Beans, Cheese, Coleslaw and Tuna mayonnaise	Jacket Potato with a choice of: Baked Beans, Cheese, Coleslaw and Tuna mayonnaise	Jacket Potato with a choice of: Baked Beans, Cheese, Coleslaw and Tuna mayonnaise
Deli option with a choice of: Egg mayonnaise, Coleslaw, Tuna mayonnaise or Cheese	Deli option with a choice of Egg mayonnaise, Ham, Tuna mayonnaise or Cheese	Deli option with a choice of Egg mayonnaise, Ham, Tuna mayonnaise or Cheese	Deli option with a choice of Egg mayonnaise, Ham, Tuna mayonnaise or Cheese	Deli option with a choice of Egg mayonnaise, Ham, Tuna mayonnaise or Cheese
Honey & Ginger Biscuit	Jelly	Chocolate & Banana Brownie	Apple Custard Crumble	Pineapple & Coconut Sponge

Fresh fruit is served every day. Seasonal vegetables are available with all meals as well as unlimited access to the salad bar along with our homemade bread, baked in your school kitchen. Where possible, we buy locally sourced produce. All our meat is high welfare and our eggs are free range. Our spreads and cooking fats are vegan.

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WEEK B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet Chilli Vegetable noodles	Vegetable Stew with Herby Dumplings (VE)	Roast Pork, Herby Potatoes, Yorkshire Pudding & Gravy	Beef Spaghetti Bolognese	Breaded Fish & Homemade Chunky Chips
Butternut Burger in a bun (VE)	Tomato & Mozzarella Pizza Vegan available	Chickpea and Spinach Curry with 50/50 Rice (VE)	Vegetable & Leek Crumble (VE)	Baked Enchilada (V) Vegan available
Jacket Potato with a choice of: Baked beans, Cheese, Coleslaw and Tuna mayonnaise	Jacket Potato with a choice of: Baked Beans, Cheese, Coleslaw and Tuna mayonnaise	Jacket Potato with a choice of: Baked Beans, Cheese, Coleslaw and Tuna mayonnaise	Jacket Potato with a choice of: Baked Beans, Cheese, Coleslaw and Tuna mayonnaise	Jacket Potato with a choice of: Baked Beans, Cheese, Coleslaw and Tuna mayonnaise
Deli option with a choice of: Egg mayonnaise, Coleslaw, Tuna mayonnaise or Cheese	Deli option with a choice of Egg mayonnaise, Ham, Tuna mayonnaise or Cheese	Deli option with a choice of Egg mayonnaise, Ham, Tuna mayonnaise or Cheese	Deli option with a choice of Egg mayonnaise, Ham, Tuna mayonnaise or Cheese	Deli option with a choice of Egg mayonnaise, Ham, Tuna mayonnaise or Cheese
Pear Flapjack	Fruity Jelly	Chocolate Beetroot Cake	Oat Cookie	Lemon Drizzle

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AUTUMN TERM 2022

WEEK C

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetable Pasty and Baked Beans (VE)	Ham & Potato Layered Pie	Chicken Stew & Dumplings	Sausage Pasta Bake	Breaded Fish & Skin on Wedges
Tomato & Pesto Pasta with Crispy Crumb (V)	Cheese & Tomato Pizza (V) Vegan available	Savoury Muffins & Diced Potatoes(V)	Mixed Bean Chilli & Rice (VE)	Veggie Moussaka (V)
Jacket Potato with a choice of: Baked beans, Cheese, Coleslaw and Tuna mayonnaise	Jacket Potato with a choice of: Baked Beans, Cheese, Coleslaw and Tuna mayonnaise	Jacket Potato with a choice of: Baked Beans, Cheese, Coleslaw and Tuna mayonnaise	Jacket Potato with a choice of: Baked Beans, Cheese, Coleslaw and Tuna mayonnaise	Jacket Potato with a choice of: Baked Beans, Cheese, Coleslaw and Tuna mayonnaise
Deli option with a choice of: Egg mayonnaise, Coleslaw, Tuna mayonnaise or Cheese	Deli option with a choice of Egg mayonnaise, Ham, Tuna mayonnaise or Cheese	Deli option with a choice of Egg mayonnaise, Ham, Tuna mayonnaise or Cheese	Deli option with a choice of Egg mayonnaise, Ham, Tuna mayonnaise or Cheese	Deli option with a choice of Egg mayonnaise, Ham, Tuna mayonnaise or Cheese
Chewy Chocolate Biscuit	Carrot Cake	Greek yoghurt with berry coulis and granola	Anzac Biscuit	Zesty Orange Cake

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