



Autumn Winter 2022 Central Menu Option B

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday
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Week One 5/9/22 26/9/22 17/10/22 14/11/22 5/12/22	Option 1	Cheesy Swirl with New Potatoes	Chicken Curry with Rice 	Roast of the Day with Stuffing, Roast Potatoes and Gravy	Build a Burger Day A choice of Burger (meat, veggie or vegan)  Toppings and Potato Wedges	Fishfingers/ Salmon Fishfingers with Chips
	Option 2	Tomato Pasta 	Veggie Wrap Stack with Rice 	Crunchy Top Veg Bake with Roast Potatoes 		Cheese Omelette with Chips
	Vegetables	Cauliflower Green Beans	Peas Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
	Dessert	Pear and Chocolate Crumble with Custard 	Yoghurt & Raisin Cake	Fresh Fruit and Yoghurt Station	Seasonal Root Cake	Vanilla Shortbread 
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Two 12/9/22 3/10/22 31/10/22 21/11/22 12/12/22	Option 1	Mac and Cheese Station 	Chicken Pie with Mashed Potato 	Roast of the Day with Stuffing, Roast Potatoes and Gravy 	Spaghetti Bolognese with Garlic Bread 	Fishfingers with Chips
	Option 2	A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Veggie Shepherd's Pie with Gravy 	Parsnip and Sweet Potato Loaf with Roast Potatoes 	Vegetable Fajitas with Rice 	Mexican Roll with Chips 
	Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Cauliflower	Green Beans Roasted Butternut Squash	Peas Baked Beans
	Dessert	Jelly with Mandarins 	Chocolate Drizzle Cake	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard	Oaty Cookie 
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three 19/9/22 10/10/22 7/11/22 28/11/22	Option 1	Cheese and Tomato Pizza with Potato Wedges 	Sausage Roll with Sweet Potato Mash	Roast of the Day with Stuffing, Roast Potatoes and Gravy	Quirky Bird  A choice of flavoured chicken or vegan Quorn, With Potato Wedges and Salads	Fishfingers with Chips
	Option 2	Veggie Chilli with Rice 	Veggie Sausage with Sweet Potato Mash 	Lentil and Vegetable Soya Roast with Roast Potatoes		Cheese Quiche with Chips
	Vegetables	Green Beans Carrots	Baked Beans Sweetcorn	Cauliflower Peas	Broccoli Carrots	Mushy Peas Baked Beans
	Dessert	Marble Cake	Chocolate Cookie 	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard	Orange and Lemon Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.