

Autumn 2023 Menu

Week 1

Weeks commencing; 04/09, 25/09, 16/10, 13/11, 04/12, 08/01, 29/01

Monday	Tuesday	Wednesday	Thursday	Friday
Meat Balls in Tomato Sauce	Tasty cheesy ham Pasta Bake	Roast Chicken, Yorkshire pudding & Gravy	Shepherd's pie Gravy	Breaded Fish Square & Tomato Sauce
Rice Mixed Vegetables Crusty bread	Garlic Bread Sweetcorn & peas	Oven Roast Potatoes Broccoli & Baby Carrots	Green Beans & sweetcorn	Chunky Chips Garden Peas Baked beans Fresh bread
Chocolate Crunch & Custard	Melting Moment & Mandarins	Chocolate Sponge, peaches & Cream	Waffle, Ice cream & Jam Sauce	Lemon Drizzle Muffin
or	or	or	or	or
Fresh Fruit or Low Fat Yoghurt	Fresh Fruit or Low Fat Yoghurt	Fresh Fruit or Low Fat Yoghurt	Fresh Fruit or Low Fat Yoghurt	Fresh Fruit or Low Fat Yoghurt

Week 2

Weeks commencing; 11/09, 02/10, 23/10, 20/11, 11/12, 15/01, 05/02

Monday	Tuesday	Wednesday	Thursday	Friday
Ham, Mediterranean Pasta Bake	Italian Style Pepperoni (optional) Pizza pocket	Slow Braised Diced Beef & Yorkshire Pudding	Chicken, Rainbow Rice & Korma Sauce	Crispy Fish Nuggets & Tomato Sauce
Crusty Roll Sweetcorn Carrots	Jacket Potato Baked Beans sweetcorn	Mashed Potato Green Cabbage & Baby Carrots	Naan Bread Mixed Vegetables	Chunky Chips (v) Garden peas(v) Bread & sweetcorn
Chocolate Oat Delight & Custard	Viennese Biscuit & Peaches	Chocolate Orange Sponge & Cream	Ice Cream Roll & Fruit Cocktail	Raspberry Bun
or	or	or	or	or
Fresh Fruit or Low Fat Yoghurt	Fresh Fruit or Low Fat Yoghurt	Fresh Fruit or Low Fat Yoghurt	Fresh Fruit or Low Fat Yoghurt	Fresh Fruit or Low Fat Yoghurt

Week 3

Weeks commencing; 18/09, 09/10, 06/11, 27/11, 18/12, 22/01

Monday	Tuesday	Wednesday	Thursday	Friday
Mexican style chicken enchiladas	Italian Style Mince Beef Pasta Bolognese	Roast gammon Yorkshire pudding & gravy	Yorkshire all day breakfast	Jumbo Fish Fingers & Tomato Sauce
Golden Veg rice Mixed veg	Crusty Roll Baby Carrots & Garden Peas	Broccoli, cauliflower mix Sweetcorn	Baked beans Bread	Chunky Chips Garden Peas Bread Sweetcorn
Shortcake and custard	Oaty fruit crunch and cream	Chocolate Crackle & fruit	Chocolate cookie and fruit	Jam coconut sponge & custard
or	or	or	or	or
Fresh Fruit or Low Fat Yoghurt	Fresh Fruit or Low Fat Yoghurt	Fresh Fruit or Low Fat Yoghurt	Fresh Fruit or Low Fat Yoghurt	Fresh Fruit or Low Fat Yoghurt

The schools meals team does not knowingly purchase any food or drink source that contains nuts or nut derivatives. Currently manufacturers will not declare that their products are 'Nut Free' due to the possible risks of cross contamination in production, processing, packaging or transportation. For this reason, we are unable to guarantee our menus are nut free.