














● **Autumn Winter 2022 Central Menu Option B** ●

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One	Option 1	Sausage & Tomato Pasta Bake	Chicken Curry with Rice 	Roast Turkey with Stuffing, Roast Potatoes and Gravy	Build a Burger Day A choice of Burger (meat, veggie or vegan) with Toppings and Potato Wedges 	Fishfingers/ Salmon Fishfingers with Chips tomato sauce
	Option 2	Cheesy Swirl with New Potatoes 	Veggie Curry with Rice 	Crunchy Top Veg Bake with Roast Potatoes 		Cheese Omelette with Chips 
	Vegetables	Sweetcorn & Peas	Peas Carrots	Carrot & Swede Mash Cabbage	Cauliflower Green Beans	Peas Baked Beans
	Dessert	Ice Cream	Sponge & Custard	Rice Pudding	Iced Gingerbread	Vanilla Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily 						

Week Two	Option 1	Mac and Cheese Station 	Chicken Pie with Mashed Potato	Sausage, Onions and Gravy with Mashed Potatoes	Spaghetti Bolognaise with Garlic Bread 	Fishfingers with Chips And tomato sauce 
	Option 2	A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Veggie Tattie Hash 	Cauliflower and Broccoli Cheese Bake	Vegetable Bolognaise with Garlic Bread 	Cheese & Onion Roll with Chips
	Vegetables	Peas Carrots 	Broccoli Sweetcorn	Carrots Cauliflower	Green Beans Sweetcorn	Peas Baked Beans 
	Dessert	Muffin	Chocolate Drizzle Cake	Jelly with Mandarins	Crispie Cake	Oaty Cookie
Or a choice of Yoghurt & Fresh Fruit available daily 						

Week Three	Option 1	Cheese and Tomato Pizza 	Sausage Roll with Potato Wedges 	Quirky Bird  A choice of flavoured chicken or vegan Quorn, With Potato Wedges and Salads	Cottage Pie 	Fishfingers with Chips & tomato sauce 
	Option 2	Veggie Chilli with Rice 	Veggie Sausage Roll with Potato Wedges		Veggie Cottage Pie	Cheese Quiche with Chips
	Vegetables	Green Beans Carrots	Baked Beans Sweetcorn 	Broccoli Peas	Mixed Vegetables	Peas Baked Beans
	Dessert	Marble Cake	Chocolate Cookie	Flapjack	Sponge with Custard	Apple, Cheese and Crackers
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.