













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











	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One</b>	Option 1	Cheesy Swirl with Vegetable Cous Cous	Chicken Korma with Rice   	Roast of the Day with Stuffing, Roast Potatoes and Gravy	<b>Build a Burger Day</b>  A choice of Burger (meat, veggie or vegan) with toppings and Potato Wedges 	Fishfingers/ Salmon Fishfingers with Chips or Baby New Potatoes
	Option 2	Tomato Pasta 	Aubergine and Potato Curry with Rice   	Crunchy Top Veg Bake with Roast Potatoes 		Omelette with Chips or Baby New Potatoes
	Vegetables	Cauliflower Green Beans	Peas Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
	Dessert	Fresh Fruit and Yogurt Station 	Eves Pudding served with Custard	Fresh Fruit and Yoghurt Station	Seasonal Root Cake	Fresh Fruit and Yogurt Station 

**Available Daily:**

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

<b>Week Two</b>	Option 1	<b>Mac and Cheese Station</b> 	Cajun Chicken with Rice 	Roast Turkey and Gravy with Roast Potatoes	Spaghetti Bolognese with Garlic Bread 	Fishfingers with Chips or Savoury Cous Cous
	Option 2	A choice of different Mac & Cheese flavours, with vegetarian toppings	Chickpea and Apricot Tagine with Couscous 	Quorn Casserole with Roast Potatoes	Vegetable Fajitas with Rice  	Mexican Roll with Chips or Savoury Cous Cous 
	Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Brussel Sprouts	Green Beans Roasted Butternut Squash	Peas Baked Beans
	Dessert	Fresh Fruit and Yogurt Station 	Lemon Drizzle Cake	Fresh Fruit and Yoghurt Station	Rice Pudding served with Mixed berries	Fresh Fruit and Yogurt Station  

**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.

<b>Week Three</b>	Option 1	Cheese and Tomato Pizza  	Sausage Roll with Potato Wedges	<b>Quirky Bird</b>  A choice of flavoured Chicken or vegan Quorn, With Potato Wedges or Jollof Rice and Salads 	Sticky Chicken Noodle  	Fishfingers with Chips or Baby New Potatoes
	Option 2	Veggie Chilli with Rice 	Veggie Sausage with Potato Wedges 		Chinese Vegetable Curry with Rice 	Quiche with Chips or New Potatoes
	Vegetables	Green Beans Carrots	Baked Beans Sweetcorn 	Cauliflower Peas	Broccoli Carrots	Garden Peas Baked Beans
	Dessert	Fresh Fruit and Yogurt Station	Apple & Blackberry Roll served with Custard	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard	Fresh Fruit and Yogurt Station

## Autumn Winter 2022 Central Menu Option A Coded Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One</b>	Option 1	Cheesy Swirl with Vegetable Couscous #V27 #SD77	Chicken Korma with Rice #C86 #SD84	Roast of the Day with Stuffing, Roast Potatoes and Gravy #SD7 #SD82 #SD40 #SD118	<b>Build a Burger Day</b> A choice of Burger (Meat, Veggie or Vegan) with Toppings and Potato Wedges	Fishfingers/ Salmon Fishfingers with Chips #F6 / #F1 #SD5
	Option 2	Tomato Pasta #V188 #SD11	Aubergine and Potato Curry with Rice #V209 #SD84	Crunchy Top Veg Bake with Roast Potatoes #V193 #SD7 #SD82 #SD118		Omelette with Chips #V24 #SD5
	Vegetables	Cauliflower #SD27 Green Beans #SD24	Peas #SD18 Sweetcorn #SD19	Carrot & Swede Mash #SD53 Cabbage #SD35	Sweetcorn #SD19 Roasted Peppers #SD26	Peas #SD18 Baked Beans #SD22
	Dessert	Fresh Fruit and Yogurt Station	Eves Pudding served with Custard #D189 #D2	Fresh Fruit and Yoghurt Station	Seasonal Root Cake #D211	Fresh Fruit and Yogurt Station
Or a choice of Yoghurt & Fresh Fruit available daily						
<b>Week Two</b>	Option 1	<b>Mac and Cheese Station</b>  A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Cajun Chicken with Rice #C10 #SD84	Roast Turkey and Gravy with Roast Potatoes #SD7 #SD82 #SD40 #SD118	Spaghetti Bolognese with Garlic Bread #B37 #SD8 #SD50	Fishfingers with Chips or Savoury Couscous #F6 #SD5 #SD73
	Option 2		Chickpea and Apricot Tagine with Couscous #V140 #SD73	Quorn Casserole with Roast Potatoes #V185 #SD7 #SD82	Vegetable Fajitas with Rice #V211 #SD84	Mexican Roll with Chips or Savoury Couscous #V161 #SD5 #SD73
	Vegetables	Peas #SD18 Carrots #SD28	Broccoli #SD20 Sweetcorn #SD19	Carrots #SD28 Brussel Sprouts #SD64	Green Beans #SD24 Roasted Butternut Squash #SD31	Peas #SD18 Baked Beans #SD22
	Dessert	Fresh Fruit and Yogurt Station	Lemon Drizzle Cake #D168	Fresh Fruit and Yoghurt Station	Rice Pudding served with Mixed berries #D31	Fresh Fruit and Yogurt Station
Or a choice of Yoghurt & Fresh Fruit available daily						
<b>Week Three</b>	Option 1	Cheese and Tomato Pizza #V203	Sausage Roll with Potato Wedges #P19 #SD6	<b>Quirky Bird</b> A choice of flavoured Chicken or vegan Quorn, With Potato Wedges or Jollof Rice and Salads	Sticky Chicken Noodles #C87	Fishfingers with Chips or Baby New Potatoes #F6 #SD5 #SD2
	Option 2	Veggie Chilli with Rice #V138 #SD84	Veggie Sausage with Potato Wedges #V182 #SD6		Chinese Vegetable Curry with Rice #V212 #SD84	Quiche with Chips or Baby New Potatoes #SD73 #V113 #SD5
	Vegetables	Green Beans #SD24 Carrots #SD28	Baked Beans #SD22 Sweetcorn #SD19	Cauliflower #SD27 Peas #SD18	Broccoli #SD20 Carrots #SD28	Peas #SD18 Baked Beans #SD22
	Dessert	Fresh Fruit and Yogurt Station	Apple & Blackberry Roll served with Custard #D218 #D2	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard #D173 #D2	Fresh Fruit and Yoghurt Station
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.