














Autumn Winter Menus (31st October 2022 to 31st March 2023)

Week 1	'Meat Free' Monday	Tuesday	Wednesday	Thursday	Friday
Choice 100000	Vegetarian Koftas in Flatbread with Greek Salad 	Lamb Lasagne served with a Garlic Bread	Roast Turkey & Stuffing served with Roast Potatoes	Greek Style Souvlaki Chicken served with Rice	Fish Fingers with Chips
Choice 200000	Quorn Sausage Hot Dog with Sauerkraut 	Tuna Wraps	BBQ Chicken in Folded Flatbread served with Coleslaw	Homemade Pizza Slice 	Meatloaf
Choice 1220101	Chicken nuggets 	chips 	burgers and crisps 	spaghetti and meatballs 	cheesy lasagna 
Side Dishes	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Garden Peas Baked Beans
Dessert	Doughnut	oreo cookie dough  	Rice krispies marshmallows  	Mcflurry 	oreos
Daily Options	Fresh Fruit Platter / Fresh Fruit / Yoghurt / Freshly Baked Homemade Bread / Cheese and crackers				

Week 1: 31st October, 21st November, 12th December, 16th January, 6th February, 6th March

Meat served at this school is Halal



Vegetarian



Plant Based
















New Dish



Sugar Smart



Autumn Winter Menus (31st October 2022 to 31st March 2023)

Week 2	'Meat Free' Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Quorn Sausages & Mashed Potatoes 	Lamb Curry with Rice	Roast Chicken & Yorkshire Pudding with Roast Potatoes	Moroccan Chicken Bake 	Fish in Batter with Baked Jacket Wedges
Choice 2	Piri Piri Quorn Pasta Bake 	Jacket Potato with Various Fillings	Spinach & Feta Whirl served with Roast Potatoes 	Tuna Pasta Bake	Spaghetti and Meatballs
Choice 3	Vegetable Burrito  	Sweet Potato  Macaroni Cheese	Vegan Tagine served with Couscous 	Cheese and Vegetable Flan 	Vegetarian Sausage Roll with Baked Jacket Wedges 
Side Dishes	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Garden Peas Baked Beans
Dessert	Raspberry Ice Cream Sponge Roll	Marble Cake & Custard 	Mandarin Cheesecake 	Lemon & Courgette Cake with Custard 	Pancakes with Fruit & Ice Cream
Daily Options	Fresh Fruit Platter / Fresh Fruit / Yoghurt / Freshly Baked Homemade Bread / Cheese and crackers				

Week 2: 7th November, 28th November, 19th December, 23rd January, 20th February, 13th March

Meat served at this school is Halal



Vegetarian



Plant Based













New Dish



Sugar Smart



Autumn Winter Menus (31st October 2022 to 31st March 2023)

Week 3	'Meat Free' Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Southern Veggie Burger in a Bun & Jacket Wedges 	Spaghetti Bolognese With Garlic Bread	Roast Beef served with Yorkshire Pudding & Roast Potatoes	Chicken & Vegetable Pie with Mashed Potatoes	Fish Fingers served with Chips
Choice 2	Veggie Keema served with Raita & Naan Bread 	Tuna salad	Red Pepper Frittata with Roast Potatoes	Sausages and mashed potatoes	Chicken Goujons
Choice 3	Spicy Vegetable Quesadilla 	Vegetable Samosa served with Rice & Dhal 	Red Lentil Roast with Roast Potatoes 	Quorn Toad in the Hole 	Ratatouille Ravioli 
Side Dishes	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans Garden Peas
Dessert	Carrot Cake	Banana & Honey Slice  	Chocolate cake with custard	Frozen Yoghurt with fruit 	Strawberry Mousse
Daily Options	Fresh Fruit Platter / Fresh Fruit / Yoghurt / Freshly Baked Homemade Bread / Cheese and crackers				

Week 3: 14th November, 5th December, 9th January, 30th January, 27th February

Meat served at this school is Halal



Vegetarian



Plant Based



New Dish



Sugar Smart

