























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

 Added Plant Power
 Vegan
 Wholemeal



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One	Option 1	Cheesy Swirl with New Potatoes	Chicken Korma with Rice   	Roast of the Day 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
	Option 2	Tomato Pasta 	Aubergine and Potato Curry 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						

Available Daily:

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

Week Two	Option 1	Mac and Cheese Station  A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Cajun Chicken with Rice 	Sausage, Onions and Gravy with Roast Potatoes	Spaghetti Bolognese with Garlic Bread 	Fishfingers with Chips
	Option 2		Chickpea and Apricot Tagine with Couscous 	Cauliflower and Broccoli Cheese with Roast Potatoes	Vegetable Fajitas with Rice  	Mexican Roll with Chips 
	Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Brussel Sprouts	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						

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.

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 or Jollof Rice and Salads 	Sticky Chicken Noodles 	Fishfingers with Chips
	Option 2	Veggie Chilli with Rice  	Veggie Sausage with Potato Wedges 		Chinese Vegetable Curry with Rice  	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	Apple, Cheese and Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						