



Lunch Menu Autumn 2022

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Hash Brown Beans Tomato	Minced beef Yorkshire pudding Creamed potatoes Broccoli Sliced carrots	Roast chicken fillet Roast potatoes Baton carrots Cabbage	Meatballs in tomato and basil sauce Spaghetti Peas Sweetcorn	Fish fingers Chips Peas
Veggie sausage Hash Brown Beans Tomato	Quorn shepherd's pie Broccoli Sliced carrots	Veggie sausage Roast potatoes Baton carrots Cabbage	Quorn curry Wholegrain rice Sweetcorn	Sausage roll Chips Beans
Jacket potato with cheese and beans	Cheese sandwich and salad	Tuna sandwich and salad	Ham / Turkey sandwich and salad	Cheese sandwich and salad
Cornflake tart AND Milk	Chocolate crunch AND Milk	Cupcakes AND Pineapple juice	Apple crumble with cream OR Fruit biscuits	Doughnut OR Ice cream
Every day – bread, salad bar, pasta, fresh fruit, assorted low fat yoghurts and fresh water.				

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken curry Wholegrain rice Cauliflower Sweetcorn	Chicken burger in a bun Wedges Diced carrots Sweetcorn	Roast gammon Yorkshire pudding Roast potatoes Baton carrots Peas	Minced beef and dumpling Creamed potatoes Cauliflower Sweetcorn	Fish Chips Peas
Quorn curry Wholegrain rice Cauliflower Sweetcorn	Veggie burger in a bun Wedges Diced carrots Sweetcorn	Veggie sausage Yorkshire pudding Roast potatoes Baton carrots Peas	Quorn mince and dumpling Creamed potatoes Cauliflower Sweetcorn	Margarita pizza Chips Beans
Ham sandwich and salad	Jacket potato with cheese and beans	Jacket potato with cheese and beans	Ham / Turkey sandwich and salad	Tuna sandwich and salad
Biscuits AND Apple juice	Trifle OR Jelly	Chocolate crispy cake AND Milk	Cupcakes AND Orange juice	Doughnut OR Ice cream
Every day – bread, salad bar, pasta, fresh fruit, assorted low fat yoghurts and fresh water.				

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
Mince pie Creamed potato Sliced carrots Cabbage	Pork meatballs in tomato basil sauce Spaghetti Peas Sweetcorn	Roast turkey and stuffing Yorkshire pudding Roast potato Cabbage Carrots	Chicken goujons Wedges Peas Sweetcorn	Fish cake Chips Peas
Quorn cottage pie Sliced carrots Cabbage	Veggie burger in a bun Wedges Peas Sweetcorn	Veggie sausage Yorkshire pudding Roast potato Cabbage Carrots	Quorn curry Wholegrain rice Sweetcorn	Margarita pizza Chips Beans
Cheese sandwich and salad	Jacket potato with cheese and beans	Jacket potato with cheese and beans	Cheese sandwich and salad	Tuna sandwich and salad
Chocolate chip muffins AND Milk	Flapjack AND Sultanas	Marble sponge cake AND / OR Cream	Biscuits AND Orange juice	Doughnut OR Ice cream
Every day – bread, salad bar, pasta, fresh fruit, assorted low fat yoghurts and fresh water.				