












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

 Added Plant Power
 Vegan
 Wholemeal










	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One	Option 1	Cheesy Swirl with Vegetable Cous Cous	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 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

Week Two	Option 1	Mac and Cheese Station 	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.

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 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