

Autumn/ Winter Menu 2022-2023



w/c 31st Oct, 28th Nov, 2nd Jan, 30th Jan, 6th March

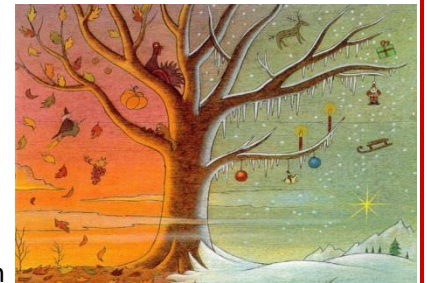
Week 1	Lunch and Dessert
Monday	Beef Bolognese Pasta Bake with Broccoli Oat and Raisin Cookies
Tuesday	Sweet Potato and Lentil Korma with Rice and Naan Chocolate Sponge with Chocolate Sauce
Wednesday	Macaroni Cheese with Sweetcorn Sprinkle Cake
Thursday	Sausages, Roast Potatoes, Carrots and Cabbage Greek Yogurt and Berries
Friday	Cod Mornay with Baby Potatoes and Peas Rocky Road

w/c 7th Nov, 5th Dec, 9th Jan, 6th Feb, 13th March

Week 2	Lunch and Dessert
Monday	Spicy Courgettes, Peppers and Beans in Tomato Sauce with Naan Lemon Drizzle Muffins
Tuesday	Roast Chicken, Roast Potatoes, Carrots and Broccoli Rice Pudding
Wednesday	Tuna and Sweetcorn Pasta Bake with Farmhouse Veg Apple Crumble and Custard
Thursday	Lamb and Vegetable Crumble with Baby Potatoes and Peas Apricot Flapjack
Friday	Chilli Con Carne with Rice and Sweetcorn Cornflake Tart with Custard



Autumn/ Winter Menu 2022-2023



w/c 14th Nov, 12th Dec, 16th Jan, 20th Feb, 20th March

Week 3	Lunch and Dessert
Monday	Tomato Pasta with Cucumber Homemade Shortbread
Tuesday	Chicken and Vegetable Stew with Crusty Bread Carrot Cake
Wednesday	Roast Gammon, Roast Potatoes, Carrots and Peas Greek Yogurt and Berries
Thursday	Sausages, Chips and Beans Baked Jam Sponge and Custard
Friday	Spaghetti Bolognese with Broccoli Fudge Tart

w/c 21st Nov, 19th Dec, 23rd Jan, 27th Feb, 27th March

Week 4	Lunch and Dessert
Monday	Cajun Pork with Rice and Broccoli Chocolate Chip Muffins
Tuesday	Meatballs in Tomato Sauce with spaghetti and Peas Bananas and Custard
Wednesday	Roast Chicken, Roast Potatoes, Cabbage and Carrots Blueberry and Lemon Traybake
Thursday	Baked Beans, Cheese and Potato Pie and Mixed Veg Homemade Cookies
Friday	Fish Fingers, Chips and Peas Mixed Fruit Crumble and Custard

Menu is subject to change.
Vegetarian option is always available.