

Autumn/Winter 2022/2023 Menu

WEEK 1 - 31st Oct, 21st Nov, 12th Dec, 2nd Jan, 23rd Jan, 13th Feb, 6th Mar, 27th Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese (v)	Chicken and Vegetable Stew with a Filo Twist and Mashed Potatoes	Roast of the Day with Roast Potatoes and Gravy	Meat Pizza	Fish of the Day and Chips
Vegetable Pilaf (v)	Vegetarian Cottage Pie (v)	BBQ Quorn Fillet with Roast Potatoes (v)	Veggie Pizza (v)	Veggie Plait and Chips (v)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Hot Seasonal Vegetables				
Apple Shortbread	Autumn Fruit Crumble with Custard	Ruby Chocolate Cake	Fruit Jelly	Fruit with Custard
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

WEEK 2 - 7th Nov, 28th Nov, 19th Dec, 9th Jan, 30th Jan, 20th Feb, 13th Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Lasagne (v)	Pork Sausage with Mashed Potatoes and Gravy	Roast of the Day with Roast Potatoes and Gravy	Chicken Korma with Brown Rice	Fish of the Day and Chips
5 Bean Chilli Nachos (v)	Vegan Sausage with Mashed Potatoes and Gravy (v)	Vegetable Wellington with Roast Potatoes and Gravy (v)	Vegetable Frittata with Salad (v)	Cheese and Tomato Pizza with Chips (v)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Hot Seasonal Vegetables				
Apple Cinnamon Loaf	Fruit Jelly	Autumnal Iced Cake	Cookie	Fruit with Custard
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

WEEK 3 - 14th Nov, 5th Dec, 26th Dec, 16th Jan, 6th Feb, 27th Feb, 20th Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Vegan Sausage Roll with Wedges (v)	Beef Bolognese with Pasta	Roast of the Day with New Potatoes and Gravy	Mild Beef Chilli Nachos with Brown Rice	Fish of the Day and Chips
Sweet and Sour Veggie Noodles with Edamame (v)	Veggie Biryani (v)	Vegan Quorn Fillet with New Potatoes and Gravy (v)	Cheesy Baked Mediterranean Gnocchi (v)	Cheese Toastie and Chips (v)
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Pasta with Tomato Sauce and Cheese	Jacket Potato with Baked Beans, Cheese, Salmon Mayo or Coleslaw
Hot Seasonal Vegetables				
Raspberry and Coconut Flapjack	Sticky Toffee Pudding with Custard	Jelly	Chocolate Crispy Cake	Fruit with Custard
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

(v) Vegetarian option

Fresh seasonal salad and bread available daily.

Fresh fruit, yoghurt and fruit jelly available daily as an alternative to the dessert of the day.

Special Diets

A dairy free, gluten free and egg free menu is available on request. Please complete the special diets information form available from your school. On return we will issue you with a specific menu for you to make your choices from. For students with multiple allergen requirements or more complex special diets we will liaise with our team of nutritionists.

All our food is prepared in a kitchen where gluten and other allergens are present and our menu descriptions do not include all ingredients. We have a nut free policy in all of our kitchens. If you have a food allergy, please let us know before ordering. All allergen information is available on request from the kitchen.

Coconut

Coconut is not considered a nut and does not fall into the peanut or tree nut allergy categories. We do use coconut in our kitchens.