



REAL FOOD FOR REAL ENERGY

# Menu November 2022 - March 2023

				Menu November 2022 - March 2023		
		Week One	Week Two	Week Three		
		31 Oct, 21 Nov, 2 Jan, 23 Jan, 20 Feb, 13 Mar	07 Nov, 28 Nov, 9 Jan, 30 Jan, 27 Feb, 20 Mar	14 Nov, 05 Dec, 16 Jan, 6 Feb, 6 Mar, 27 Mar		
Monday	Option 1	Jacket Potato with Cheese & Beans	Veggie Burrito	Pizza		
	Option 2	Tomato Pasta	Vegan Burrito	Roasted Vegetable Pasta Bake		
	served with	Chunk of Bread Peas & Sweetcorn	Savoury Rice Mixed Salad	Jacket Wedges Peas & Sweetcorn		
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans		
Dessert	Frozen Mousse Fresh Fruit/Jelly/Oaty Apple Bar	Ice Cream Pot Fresh Fruit/Jelly/Oaty Apple Bar	Frozen Mousse Fresh Fruit/Jelly/Oaty Apple Bar			
Tuesday	Option 1	Bolognese	Savoury Mince with a Pastry Top	Chicken Tacos		
	Option 2	Veggie Bolognese	Veggie Mince with a Pastry Top	Caribbean Rice		
	served with	Pasta Carrots & Green Beans	Creamed Potatoes Mixed Vegetables & Broccoli	Rice Mixed Vegetables & Carrots		
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans		
Dessert	Chocolate Cake & Chocolate Sauce Fresh Fruit/Jelly/Oaty Apple Bar	Ginger Cake & Orange Sauce Fresh Fruit/Jelly/Oaty Apple Bar	Lemon Cake & Vanilla Sauce Fresh Fruit/Jelly/Oaty Apple Bar			
Wednesday	Option 1	Roast Pork & Gravy	Roast Turkey with Stuffing & Gravy	Roast Gammon & Gravy		
	Option 2	Veggie Meatloaf	Carrot & Lentil Bake	Crunchy Veg Crumble		
	served with	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	Roast Potatoes Local Seasonal Vegetables & Cooks Choice		
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans		
Dessert	Cookie Fresh Fruit/Jelly/Oaty Apple Bar	Apple Flapjack Fresh Fruit/Jelly/Oaty Apple Bar	Shortbread Fresh Fruit/Jelly/Oaty Apple Bar			
Thursday	Option 1	Fish	Pork Meatballs	Sausage Pie & Gravy		
	Option 2	Roasted Vegetable Tart	Veggie Meatballs	Quorn Sausage Roll		
	served with	Creamed Potatoes Sweetcorn & Salad	Pasta Carrots & Green Beans	Boiled Potatoes Mixed Vegetables & Broccoli		
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans		
Dessert	Jammie Pinwheel Fresh Fruit/Jelly/Oaty Apple Bar	Raspberry Buns Fresh Fruit/Jelly/Oaty Apple Bar	Krispie Cake Fresh Fruit/Jelly/Oaty Apple Bar			
Friday	Option 1	Baked Sausages	Fish Fingers	Fish Fingers		
	Option 2	Quorn Sausage	Veggie Nuggets	Veggie Nuggets		
	served with	Chips/Pasta Baked Beans & Peas	Chips/Pasta Baked Beans & Sweetcorn	Chips/Pasta Baked Beans & Sweetcorn		
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans		
Dessert	Cooks Choice of Dessert Fresh Fruit/Jelly/Oaty Apple Bar	Cooks Choice of Dessert Fresh Fruit/Jelly/Oaty Apple Bar	Cooks Choice of Dessert Fresh Fruit/Jelly/Oaty Apple Bar			
Suitable for Vegetarians Suitable for Vegans & Vegetarians Contains Fish		All items are subject to availability Bread, Salad and fresh drinking water are available with every meal  <a href="http://www.wholeschoolmeals.co.uk">www.wholeschoolmeals.co.uk</a>				