

# Menu November 2023 - February 2024

		Week One	Week Two	Week Three
		30th Oct, 20th Nov, 1st Jan, 22nd Jan	6th Nov, 27th Nov, 8th Jan, 29th Jan	4th Dec, 15th Jan, 5th Feb
		<b>11th December Christmas Week (tbc)</b>		
Monday	Option 1	Cheesy Pasta	Pizza Pinwheel	Home-made Pizza
	Option 2	Tomato Pasta	Pasta Provencale	Vegetable Pasta Bake
	served with	Garlic Flatbread Sweetcorn & Green Beans	Wedges Baked Beans & Peas	1/2 Jacket Potato Peas & Baked Beans
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans
Dessert		Frozen Dessert Fresh Fruit/Jelly	Frozen Dessert Fresh Fruit/Jelly	Frozen Dessert Fresh Fruit/Jelly
Tuesday	Option 1	Chicken & Cheese Quesadillas	Chicken Pie & Gravy	Breaded Chicken Steak
	Option 2	*Mexican Bean Wrap	Veggie Pie & Gravy	*Cheese Puff
	served with	Rice Carrots & Peas	Creamed Potatoes Broccoli & Mixed Veg	Herby Diced Potatoes Mixed Salad
	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	Marble Sponge & Custard Fresh Fruit/Jelly	Syrup Sponge & Vanilla Sauce Fresh Fruit/Jelly
Wednesday	Option 1	Roast Chicken with Stuffing	Sausages with Yorkshire Pud & Gravy	Roast Pork
	Option 2	Winter Vegetable & Potato Bake	Quorn Sausage with yorkshire pud	*Veggie Meatloaf & Gravy
	served with	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	Roast Potatoes Diced Carrots & 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	Cookie Fresh Fruit/Jelly	Cookie Fresh Fruit/Jelly
Thursday	Option 1	Burger in a Bun	Bolognese	Meatball Sub
	Option 2	Quorn Sausage	Veggie Bolognese	Meatless Sub
	served with	Wedges Cucumber & Coleslaw	Pasta Sweetcorn & Broccoli	Cucumber & Peas
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans
Dessert		Fruit Crumble & Custard Fresh Fruit/Jelly	Fruit Crumble & Custard Fresh Fruit/Jelly	Fruit Crumble & Custard Fresh Fruit/Jelly
Friday	Option 1	Fish Fingers	Fish Fingers	Fish Fingers
	Option 2	Veggie Nuggets	Veggie Nuggets	Veggie Nuggets
	served with	Chips/Pasta Baked Beans & Sweetcorn	Chips/Pasta Baked Beans & Peas	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	Cooks Choice of Dessert Fresh Fruit/Jelly	Cooks Choice of Dessert Fresh Fruit/Jelly
 Suitable for Vegetarians   Suitable for Vegans & Vegetarians   Contains Fish		<p>All items are subject to availability</p> <p>Bread , Salad and fresh drinking water are available with every meal</p> <p>All vegetarian dishes with * can be made suitable for vegans</p> <p><a href="http://www.wholeschoolmeals.co.uk">www.wholeschoolmeals.co.uk</a></p>		