WINTER 2023						
WFFK I			VEDMESDAY COL		Soil Association	
04/09/23, 25/09/23, 16/10/23, 13/11/23, 04/12/23	Monday.	Tuesday.	Wednèsday.	Thursday.	Friday.	. 20
Option 1	Cheese Whirl with New Potatoes	Chinese Chicken with Rice	Roast Turkey with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	Fish Fingers with Chips and Tomato Ketchup	1
Option 2 V Vegetarian	Vegetable Frittata with New Potatoes	Sweet Chilli Vegetable Stir Fry (Ve)	Roast Quorn with Roast Potatoes and Gravy	Vegetable Lasagne with Garlic Bread	Vegetable Fingers with Chips and Tomato Ketchup (Ve)	
Option 3	Tomato and Basil Pasta (Ve)	Jacket Potato with a choice of Fillings	Pesto Pasta (Ve)	Jacket Potato with a choice of Fillings	Cheesy Tomato Pasta	
Vegetables	Carrots Green Beans	Sweetcorn Cabbage	Roasted Root Vegetables Peas	Carrots Sweetcorn	Baked Beans Garden Peas	ATA
Dessert	Flapjack (Ve)	Iced Carrot Cake	Fruit Salad (Ve)	Pancake with Warm Apple and Berry Sauce	Ice Cream	
WEEK Z 11/09/23, 02/10/23,	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	
30/10/23, 20/11/23, 11/12/23 Option 1	Cheese and Tomato Pizza with Potato Wedges	Beef Tortilla Stack with New Potatoes	Chicken Sausages with Mashed Potato and Gravy	Greek Chicken Pitta	Breaded Fish with Chips and Tomato Ketchup	
Option 2 V Vegetarian	Vegetable Risotto (Ve)	Vegetarian Cottage Pie	Vegetarian Sausages (Ve) with Mashed Potato and Gravy	Falafel Pitta	Quorn Dippers with Chips and Tomato Ketchup (Ve)	Emz)
Option 3	Tomato and Basil Pasta (Ve)	Jacket Potato with a choice of Fillings	Neapolitan Pasta (Ve)	Jacket Potato with a choice of Fillings	Pesto Pasta (Ve)	-07
Vegetables	Broccoli Sweetcorn	Peas Carrots	Medley of Vegetables	Carrots Sweetcorn	Baked Beans Garden Peas	•••
Dessert	Vanilla Shortbread and Raisins (Ve)	Vanilla Sponge (Ve) with Custard	Fruit Salad (Ve)	Chocolate Brownie with Chocolate Custard	Orange Jelly (Ve)	T
WEEK 3 18/09/23, 09/10/23,	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	
06/11/23, 27/11/23, 18/12/23 Option 1	Vegetarian Sausage Roll with New Potatoes(Ve)	Hot Chicken Bap with Potato Wedges	Roast Chicken with Roast Potatoes and Gravy	Beef Pasta Bolognaise	Fish Fingers with Chips and Tomato Ketchup	$\left(\begin{array}{c} \\ \end{array} \right)$
Option 2 W Vegetarian	Vegetable Curry with Rice (Ve)	Veggie Burger with Potato Wedges (Ve)	Cheese Pasty with Roast Potatoes	Vegetarian Pasta Bolognaise (Ve) V	Vegetable Nuggets with Chips and Tomato Ketchup (Ve)	7
Option 3	Macaroni Cheese	Jacket Potato with a choice of Fillings	Tomato and Basil Pasta (Ve)	Jacket Potato with a choice of Fillings	Fajita Pasta (Ve)	SUGAR SHERIFF
Vegetables	Carrots Green Beans	Sweetcorn Cauliflower	Carrots Peas	Broccoli Sweetcorn	Baked Beans Garden Peas	5
Dessert	Jam and Coconut Sponge with Custard	Rice Krispie Cake (Ve)	Fruit Salad (Ve)	Apple Crumble (Ve) with Custard	Chocolate Pinwheel Cookie	
					THIS MENU SUPPORTS:	

radish It's All GOOD

FRESHLY BAKED BREAD, SALAD BAR, YOGHURT AND FRESH FRUIT ARE AVAILABLE DAILY we always meet the government food based standard for school lunches, all of our meals are freshly prepared on site by our team to ensure there are no undesirable additives, many of our dishes contain hidden vegetables to increase vegetable intake, we are continuously working to reduce the amount of refined sugar in our menus.

THIS MENU SUPPORTS:

