

## Autumn- Winter Menu 2022/2023

### WEEK ONE – W/C Dates – 16/01/23 – 06/02/23

|                                | <b>Monday</b>                                   | <b>Tuesday</b>                              | <b>Wednesday</b>                              | <b>Thursday</b>  | <b>Friday</b>                       |
|--------------------------------|---|---|---|--|-------------------------------------|
| <b>Traditional Meal Option</b> | Cheese & Tomato Pizza with herby potato cubes.  | Beef pasta Bolognese with garlic bread      | Roast chicken & stuffing with roast potatoes. | <b>Sausage, Yorkshire pudding &amp; creamed potato</b> | Battered cod portion, chips & peas. |
| <b>Light Bite Option</b>       | Baked Quorn Sausages, potato cubes & bake beans | Salmon fish cakes with baby boiled potatoes | Jacket potatoes with various fillings         | Mac & Cheese with crusty roll bread                    | Jacket potato with various fillings |
| <b>Sandwich Snack option</b>   | Tuna Baguette with savoury rice.                | Cheese wraps with baby boiled potatoes.     | Ham Pitta pocket with roast potatoes.         | Chicken bap with sauté potatoes                        | Mixed cheese panini with chips.     |
| <b>Dessert</b>                 | Frozen Strawberry Yoghurt                       | Oaty Apple crumble & custard                | Chocolate mousse & mandarin oranges.          | Pear & Ginger sponge with vanilla sauce                | Date & Chocolate brownie.           |

### WEEK TWO – W/C Dates – 23/01/23 – 13/02/23

|                                | <b>Monday</b>                             | <b>Tuesday</b>                                | <b>Wednesday</b>                                      | <b>Thursday</b>                                      | <b>Friday</b>                                    |
|--------------------------------|---|---|---|--|--|
| <b>Traditional Meal Choice</b> | Pizza panini with seasoned potato wedges. | Chicken Korma curry, rice & Naan bread        | <b>Gammon, Yorkshire pudding &amp; roast potatoes</b> | Savoury minced beef & dumpling with creamed potatoes | Cod bites, chips and ketchup dip                 |
| <b>Light Bite Option</b>       | Jacket potato with various fillings       | Cheese & Onion rolls with mini potato waffles | Pasta in a tomato & basil sauce with garlic bread     | Jacket potato with various fillings                  | Chicken goujon wrap with savoury rice & BBQ dip. |
| <b>Sandwich Snack option.</b>  | Tuna mayo wrap with potato wedges         | Ham sandwich with mini potato waffles         | Cheese melt with roast potatoes                       | Gammon bap with crispy potato cubes                  | Cheese pitta pocket with savoury rice            |
| <b>Dessert</b>                 | Apple & syrup sponge with custard.        | Fruit topped cheesecake                       | Ice cream, fruit cocktail & wafers                    | Vanilla & orange sponge with chocolate sauce         | Homemade cookie & fruit juice                    |

### WEEK THREE – W/C Dates– 09/12/23 – 30/01/23

|                                | <b>Monday</b>                                      | <b>Tuesday</b>                             | <b>Wednesday</b>                                     | <b>Thursday</b>                          | <b>Friday</b>                         |
|--------------------------------|--|--|--|--|---------------------------------------|
| <b>Traditional Meal Choice</b> | <b>French bread pizza with mini potato waffles</b> | Spaghetti & meatballs in tomato sauce      | Roast Turkey & Yorkshire pudding with roast potatoes | Minced beef pie, mashed potato and peas. | Jumbo fish finger wrap, chips & peas. |
| <b>Light Bite Option</b>       | Quorn dippers with BBQ noodles                     | <b>Jacket potato with various fillings</b> | Cheesy pasta bake                                    | Jacket potato with various fillings      | Ham quiche, chips & Peas              |
| <b>Sandwich Snack option</b>   | Cheese wraps with mini potato waffles              | Tuna mayo sandwich with potato wedges      | Homemade vegetable soup & Ham roll                   | Turkey pitta pocket with savoury rice    | Cheese panini with pasta salad        |
| <b>Dessert</b>                 | Chocolate & apple sponge with custard              | Fruit trifle or fruit jelly sundae         | Oat crunch cookie                                    | Creamed rice pudding & oranges           | Banana & Blueberry muffin.            |

