

# What's on the menu

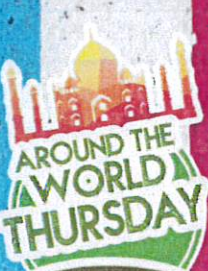
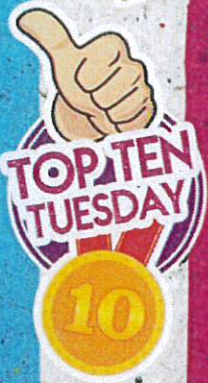
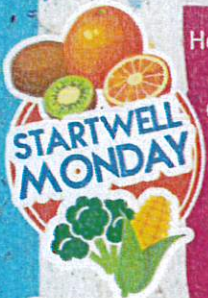


Did you know eating a hot school lunch can provide up to 3 portions of fruit and veg a day!

## Week One

## Week Two

## Week Three



Home-made margherita pizza (v)  
Vegetable ravioli (v)  
Cheese filled jacket potato (v)

Small jacket potato  
Sweetcorn

Fresh fruit platter

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Baked sausages with gravy  
Quorn sausage with gravy (v)  
Home-made cheese flan (v)

Creamed potatoes  
Garden peas

Chocolate drizzle flapjack

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Traditional roast chicken in gravy  
Quorn fillet in gravy (v)  
Vegetarian sausage roll (v)  
Tuna mayonnaise filled jacket potato

Roast potatoes  
Carrots  
Jam sponge and custard

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Tex Mex beef chilli  
Tuna roll  
Cheese filled jacket potato (v)

Golden savoury rice  
Creamy slaw

Arctic roll and fresh fruit cocktail

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Golden fish fingers  
Fishless fingers (v)  
Cheese sandwich (v)

Pommes noisettes  
Baked beans  
Apple muffin

Creamy tomato pasta (v)  
Cheese panini (v)  
Tuna mayonnaise filled jacket potato

Savoury rice or crusty bread  
Sweetcorn and coleslaw

Fresh fruit platter

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BBQ chicken  
BBQ Quorn fillet (v)  
Wholemeal egg mayonnaise sandwich (v)

50/50 rice  
Green beans

Ginger biscuit

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Home-made meat and potato pie with gravy  
Home-made veggie mince and potato pie with gravy (v)  
Quorn Mediterranean pasta (v)  
Tuna mayonnaise filled jacket potato

Mushy peas and beetroot  
Fresh salad  
Iced sponge

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Chicken balti  
Sweet chilli quorn fillet (v)  
Cheese filled jacket potato (v)

50/50 rice  
Crusty bread  
Mixed vegetables

Blueberry muffin

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Harry Ramsdens battered fish  
Open wholemeal salmon mayonnaise roll  
Omelette (v)  
Chipped potatoes  
Garden peas  
Tomato ketchup  
Mixed berry mousse

Pizza pinwheels (v)  
Veggie crunch pasta salad (v)  
Bean chilli filled jacket potato (v)

Baked beans

Fresh fruit platter

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Chicken pasta  
Quorn pasta (v)  
Tuna roll

Sweetcorn

Shortbread roundels

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Home-made meat pie with gravy  
Quorn patty in gravy (v)  
Omelette (v)

Roast potatoes  
Carrot and swede mash  
Chocolate or strawberry ice cream tub with fresh fruit

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Chicken biryani  
Quorn biryani (v)  
Tuna melt flatbread

Naan bread  
Broccoli

Chocolate orange sponge and chocolate sauce

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Fish burger on a bun  
Beef burger on a brioche bun  
Quorn patty on a brioche bun (v)

Chipped potatoes  
Garden peas  
Tomato ketchup  
Decorated jelly

Available daily: fresh chopped salad, fresh fruit, yoghurt and drinks.  
Availability of products and serving days may vary slightly between schools - contact your school for more details.

(v) = Vegetarian

Week One	Week Two	Week Three
05/12/22, 09/01/23, 30/01/23, 27/02/23, 20/03/23, 24/04/23, 15/05/23	21/11/22, 12/12/22, 16/01/23, 06/02/23, 06/03/23, 27/03/23, 01/05/23, 22/05/23	28/11/22, 19/12/22, 23/01/23, 13/02/23, 13/03/23, 17/04/23, 08/05/23

Standard Menu Autumn/Winter November 2022 – May 2023

