



# *Fresh Ideas Feeding Minds*

Winter Menu January 2022- April 2022

## **Did You Know ?**

- We cook from Scratch using raw ingredients
- Our food does not contain unfavourable additives or preservatives
- We do not buy genetically modified meat
- Our meat is farm assured, fish sustainably sourced and eggs are free range
- We use fresh,local,seasonal and organic produce where we can

## **Allergens**

*We take every care to cater for all pupils with allergies & intolerances Please enquire with the kitchen regarding ingredients in the meals*

Wk 1	Meat Free Monday	Tuesday	Roast Wednesday	Thursday	Friday
Main  Vegetarian	Wholemeal Margarita Pizza Crunchy diced potatoes seasonal veg or salad	Local Sausages Mash & seasonal veg or salad	Roast chicken Roast potatoes Seasonal veg & gravy	Pasta Beef Bolognese Garlic bread & seasonal veg or salad	Fish Fingers Chips & peas or beans
	Quorn Burger Bap Crunchy diced potatoes seasonal veg	Veggie Sausages & Seasonal veg	Cheese & Leek Parcel Roast potatoes Seasonal veg & gravy	Tomato & Roasted Vegetable Pasta Garlic bread & seasonal veg	Veggie Nuggets Chips & peas or beans
	Salad Bar Daily	Salad Bar Daily	Salad Bar Daily	Salad Bar Daily	Salad Bar Daily
Alternative	Jacket Potato beans & cheese	Jacket Potato beans & cheese or Tuna Mayo	Jacket Potato beans & cheese or Tuna Mayo	Jacket Potato beans & cheese or Tuna Mayo	Jacket Potato beans & cheese or Tuna Mayo
Dessert	Chocolate Krispie  Yoghurt or Fresh Fruit	Apple Crumble & Custard  Yoghurt or Fresh Fruit	Organic ice cream tub  Yoghurt or Fresh Fruit	Shortbread  Yoghurt or Fresh Fruit	Frozen yogurt smoothie  Yoghurt or Fresh Fruit
Sandwich	Egg Sandwich	Ham Sandwich	Tuna Wrap	Chicken Mayo Sandwich	Cheese Sandwich

<b>Wk 2</b>	<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Roast Wednesday</b>	<b>Thursday</b>	<b>Fish Friday</b>
<b>Main</b>	Mac & Cheese Garlic bread & seasonal veg	Cottage Pie with seasonal veg	Roast Turkey Roast potatoes seasonal veg & gravy	Chicken & Ham wholemeal pasta bake crusty bread seasonal veg	Battered Local Fish Chips & peas or beans
<b>Vegetarian</b>	Roasted Root vegetables with vegan Pesto pasta Garlic bread & seasonal veg	Quorn Vegetarian Cottage Pie topped with sweet potato mash with seasonal veg	Lentil Loaf Roast potatoes seasonal veg & gravy	Tuna Pasta Bake bake crusty bread seasonal veg	Cheese omelette Chips & peas or beans
	Salad Bar Daily	Salad Bar Daily	Salad Bar Daily	Salad Bar Daily	Salad Bar Daily
<b>Alternative</b>	Jacket Potato beans & cheese	Jacket Potato beans & cheese or Tuna Mayo	Jacket Potato beans & cheese or Tuna Mayo	Jacket Potato beans & cheese or Tuna Mayo	Jacket Potato beans & cheese or Tuna Mayo
<b>Dessert</b>	Apple Flapjack  Yoghurt or Fresh Fruit	Fruits of the forest Muffin  Yoghurt or Fresh Fruit	Frozen Yoghurt  Yoghurt or Fresh Fruit	Chocolate Beetroot Brownie  Yoghurt or Fresh Fruit	Organic ice cream tub  Yoghurt or Fresh Fruit
<b>Sandwich Choice</b>	Egg Sandwich	Ham Sandwich	Tuna Sandwich	Cheese Sandwich	Falafel Wrap

<b>Wk 3</b>	<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Roast Wednesday</b>	<b>Thursday</b>	<b>Fish Friday</b>
<b>Main</b>	Margarita Pizza Herby diced potatoes seasonal veg	Sweet & Sour Chicken & Rice Seasonal veg	Honey Roast Ham Roast potato seasonal Vegetables & gravy	Meatballs in a Tomato sauce spaghetti & crusty bread seasonal veg	Fish Fingers Chips & peas or beans
<b>Vegetarian</b>	Roasted Veg Lasagne Herby diced potatoes seasonal veg  Salad Bar Daily	Butternut Squash & Sweet Potato Curry & Rice  Salad Bar Daily	Cauliflower & Broccoli Cheese Bake Roast potato seasonal Vegetables  Salad Bar Daily	Veggieballs in tomato sauce spaghetti & crusty bread seasonal veg  Salad Bar Daily	Margarita Wrap Chips & peas or beans  Salad Bar Daily
<b>Vegetarian Alternative</b>	Jacket Potato Cheese & beans	Jacket Potato Cheese & beans or Tuna Mayo	Jacket Potato Cheese & beans or Tuna Mayo	Jacket Potato Cheese & beans or Tuna Mayo	Jacket Potato Cheese & beans or Tuna Mayo
<b>Dessert</b>	Chocolate Muffin  Yoghurt or Fresh Fruit	Sticky Toffee Slice  Yoghurt or Fresh Fruit	Ice Cream tub  Yoghurt or Fresh Fruit	Homemade Carrot cake  Yoghurt or Fresh Fruit	Pip Organic ice lolly &  Yoghurt or Fresh Fruit
<b>Sandwich</b>	Egg Sandwich	Chicken Mayo Wrap	Tuna Sandwich	Cheese Sandwich	Ham Sandwich

