

# Winter Menu 2022

#### Week 1 Menu Dates

31<sup>st</sup> January 28<sup>th</sup> February 21<sup>st</sup> March

Week 2 Menu Dates

7<sup>th</sup> February 7<sup>th</sup> March 28<sup>th</sup> March

Week 3 Menu Dates24th January21st February14th March

Years Reception, 1 & 2 - Free of Charge Years 3, 4, 5 & 6 - £2.50 per day

Parents: Please note the yellow option is for Gluten Free children only



#### Monday

MAINS <u>Red Option</u> Mac n Cheese

Blue Option Tomato and Lentil Pasta Bake

Yellow Option Jacket Potato with Beans

Served with Crusty Bread, and Mixed Salad

> DESSERT Fresh Fruit Platter

Wednesday

# Tuesday

MAINS Red Option Butchers Sausage

<u>Blue Option</u> Vegetarian Sausages

Yellow Option Gluten Free Sausages

Served with Mash, Baked Beans and Sweetcorn

DESSERT Apple Eves Pudding and Custard

#### Thursday

MAINS Red Option Chicken with Optional Sweet n Sour Sauce

Blue Option Quorn Sweet n Sour Sauce

Yellow Option Chicken with Optional Sweet n Sour Sauce

Served with Wholegrain and White Rice And Green Beans

> DESSERT Fruit Flavoured Jelly.

Red Option Roast Gammon

MAINS

<u>Blue Option</u> Roast Quorn Fillets

Yellow Option Roast Gammon

Served with Yorkshire Pudding, Roast Potatoes Carrots and Broccoli

> DESSERT Chocolate Ice Cream



# Friday



Harry Ramsden Junior Fish Fillet

Blue Option Omelette

Yellow Option Gluten Fish Fingers

Served with Chips, Beans and Peas

DESSERT 100% Fruit Ice Lolly



# Monday

MAINS <u>Red Option</u> Cheese and Tomato Pasta Bake

> Blue Option Jacket Potato with Beans

Yellow Option Gluten Free Cheese and Tomato Pasta Bake

> Served with Garlic Bread and Mixed Salad

> > DESSERT Fruit Salad

## Wednesdays

MAINS <u>Red Option</u> Roast Chicken and Stuffing

> Blue Option Quorn Fillets

Yellow Option Roast Chicken

Served with Yorkshire Pudding, Roast Potatoes Carrots and Green Beans

> DESSERT Chocolate Brownie

# Tuesday

MAINS <u>Red Option</u> Meatballs, with an optional Rich Tomato Sauce

Blue Option Jacket Potato with Beans

<u>Yellow Option</u> Jacket Potato with Beans

Served with Rice, Peas and Sweetcorn

DESSERT Fruit Crumble and Custard

#### Thursday

MAINS <u>Red Option</u> Chicken Burger in a Bun

Blue Option Jacket Potato with Cheese

Yellow Option Jacket Potato with Cheese

Served with Baked Beans, Coleslaw and Cucumber

> DESSERT Fresh Fruit / Yoghurt

#### Friday

MAINS Red Option Omega 3 Fish Fingers

Blue Option Quorn Burger in a Bun

Yellow Option Gluten Free Fish Fingers

Served with Potato Smiles and a Sweetcorn And Pea Medley

> DESSERT Short Bread Biscuits





### Monday

MAINS <u>Red Option</u> Cheese and Tomato Pizza

Blue Option Jacket with Cheese or Beans

Yellow Option Jacket with Cheese or Beans

Served with Sweetcorn and Mixed Green Salad

> DESSERT Fruit Salad

Wednesday

MAINS

Red Option

Roast Pork

**Blue Option** 

Quorn Fillets

Yellow Option

Roast Pork

Served with Yorkshire Pudding, Roast Potatoes,

Carrots and Shredded Cabbage

DESSERT

Vanilla Ice Cream



# Tuesday

MAINS <u>Red Option</u> Chicken with Optional Korma Sauce

> Blue Option Vegetarian Korma

> > Yellow Option Plain Chicken

Served with Whole Grain, and White Rice, Naan Bread and Peas

> DESSERT Chocolate Cake

#### Thursday

MAINS <u>Red Option</u> Spaghetti Bolognese

Blue Option Vegetarian Bolognese

Yellow Option Spaghetti Bolognese with GF Pasta

Served with Garlic Bread, and Green Beans

> DESSERT Fresh / Yoghurt

### Friday

MAINS Red Option Chicken Nuggets

Blue Option Quorn Dippers

Yellow Option Jacket Potato with Beans

Served with Homemade Wedges, Baked Beans and Salad





