## Autumn/Winter Menu 2023/24

# ALL FRGEN FRIENDLY WEDNESDAY (FDA)

Red Vegetable Chilli (FDA) €

Lemon and Garlic Chicken (FDA)

Fresh Seasonal Broccoli

Sweetcorn Coblets

Homemade Bread @V

Salad Selection ∕€√

**CHOOSE FROM** 

Jollof Rice (FDA) €

Roast Potatoes

Mixed Rice ∕€V

UNLIMITED

DESSERTS

SIDES

#### CLIMATE CHANGE THURSDAY

Jacket Potato with Baked Beans

(FDA) 🕑 🗸, Cheese 🛛 or Tuna 🕩

Fresh Season Green Cabbage

**CHOOSE FROM** 

Sizzling Stir Fry 🕅 🗊

SIDES

Noodles 🛛 🕩

UNLIMITED

DESSERTS

Mixed Vegetables

Salad Selection €

Homemade Bread V

Jackfruit Pasta Bake





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#### FRIDAY

#### **CHOOSE FROM**

Spiced Chickpea and Sweet Potato Pilaf (FDA) MSC Golden Crumb Fish Fingers with Lemon Slice

Homemade Chicken and Sweetcorn Pie with Gravv

Oven Baked Chips ∕€√

#### UNLIMITED

Baked Beans Minted Garden Peas

Organic Fruit Yogurt V with Seasonal Fresh Fruit

SIDES

Salad Selection Homemade Bread V

#### DESSERTS

Fruit and Ice Cream V Seasonal Fresh Fruit (FDA)

E





- Vegetarian
  - GP Gluten Free
  - Dairy Free 0Þ
  - FDA Free from the 14 declarable
  - allergens

#### MONDAY

#### **CHOOSE FROM**

Tomato and Basil Pasta 🕏 👁 🏹 Jacket Potato with Baked Beans (FDA) 🕼 🗸. Cheese 🛯 or Tuna 🗊 Cottage Pie Served with Gravy

#### SIDES

UNLIMITED

Sweetcorn

DESSERTS

Green Beans

Salad Selection €

Homemade Bread V

Creamy Mashed Potato 🖤 🕏

VEEK

Cheese and Crackers **V** with Fresh Apple Slice Organic Fruit Yogurt ♥ with Seasonal Fresh Fruit Seasonal Fresh Fruit (FDA)

### **CHOOSE FROM**

Planet Pizza Wedge Vegetable Supreme Pizza 📎 Squash & Spinach Curry (FDA) VeV.

SAVE THE PLANET

TUESDAY

#### SIDES

Skin On Wedges Tangy Lemon Rice

#### UNLIMITED

Minted Garden Peas Roasted Organic Carrots Salad Selection Homemade Bread V

#### DESSERTS

23 24 25 26 27

Peaches **(P)** and Custard **() (P)** Organic Fruit Yogurt W with Seasonal Fresh Fruit Seasonal Fresh Fruit (FDA)

#### Milk ♥ 健V will be available after lunch.

Creamy Rice Pudding ♥ with a Caramelised Pineapple (FDA) €V Fruit Compote Fresh Fruit Salad (FDA) Organic Fruit Yogurt 🤍 with Seasonal Fresh Fruit (FDA) Seasonal Fresh Fruit Seasonal Fresh Fruit (FDA)

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# Helping to support climate action

Be a Forest Eco Ranger by choosing at least one plant based dish a week.

	We are working to reduce sugar content of our desserts in line with current healthy living advice.																
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Provider of excellent quality, freshly

cooked, tasty, nutritious school meals.

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National School Meals Week

6-10 November

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## Autumn/Winter Menu 2023/24



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WEEK

#### UNLIMITED

MONDAY

OF VEV

SIDES

**CHOOSE FROM** 

Jacket Wedges

Tomato & Vegetable Pasta Bake

Bubble Crumb Salmon Fillet D G

60/40 Burger (FDA) in a Bun

Fresh Seasonal Organic Carrots **M** Green Beans €V Salad Selection Homemade Bread V

#### DESSERTS

Strawberry Mousse V 🤀 Organic Fruit Yogurt ♥ with Seasonal Fresh Fruit Seasonal Fresh Fruit (FDA)

#### SAVE THE PLANET TUESDAY

Vegetable and Chickpea Curry

Cheese and Potato Whirls V

Fresh Seasonal Broccoli

Carrot Cake ♥ and Custard ♥ ♥

Seasonal Fresh Fruit (FDA) €V

with current healthy living advice.

Organic Fruit Yogurt V with

Seasonal Fresh Fruit

Jacket Potato with Baked Beans

(FDA) @√. Cheese ♥ or Tuna ●

**CHOOSE FROM** 

Creamed Potatoes V

Mixed Rice ∕€

UNLIMITED

Sweetcorn

DESSERTS

Salad Selection

Homemade Bread V

(FDA) **@**∀

SIDES



#### WEDNESDAY (FDA)

#### **CHOOSE FROM**

Cajun Bean Kebab (FDA) €√ Jacket Topped Bolognaise (FDA) **N** Tangy Moroccan Chicken Tagine (FDA)

#### SIDES

Mixed Rice €V

#### UNLIMITED

Rainbow Roasted Veggies Salad Selection **@**√ Homemade Bread

#### DESSERTS

Fruit Jelly Pot (FDA) Fresh Fruit Salad (FDA) € Seasonal Fresh Fruit (FDA) €

**N**D

Milk ♥ 健V will be available after lunch.

### CLIMATE CHANGE THURSDAY

#### CHOOSE FROM

Roasted Vegetable Biryani 🕏 🤀 🕼 🗸 Jacket Potato with Baked Beans (FDA) @√. Cheese Ø or Tuna D Homemade Cheddar Cheese and Sweetcorn Quiche V

#### SIDES

Parslev Steamed Potatoes

#### UNLIMITED

Garden Peas €V Mixed Vegetables ♥ Salad Selection Homemade Bread V

#### DESSERTS

Chocolate Cracknel V and Custard 0 ( PV

Organic Fruit Yogurt V with Seasonal Fresh Fruit @V Seasonal Fresh Fruit (FDA) €

> National School Meals Week 6-10 November

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### Sticky Tofu **@**√ with Rice Noodles MSC Golden Crumb Fish Fingers with a Lemon Twist Hot n Kickin Chicken (FDA)

Oven Baked Chips ♥

**CHOOSE FROM** 

#### UNLIMITED

SIDES

Baked Beans Sweetcorn ∕€V Salad Selection Homemade Bread V

#### DESSERTS

Cheese and Crackers with Fresh Apple Slice V Organic Fruit Yogurt ♥ with

Seasonal Fresh Fruit Seasonal Fresh Fruit (FDA)



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# Helping to support climate action

Be a Forest Eco Ranger by choosing at least one plant based dish a week.

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Provider of excellent quality, freshly

cooked, tasty, nutritious school meals. We are working to reduce sugar content of our desserts in line

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- Vegetarian
- Vegan
- Gluten Free
  - Dairy Free
- Free from the 14 declarable allergens

## Autumn/Winter Menu 2023/24



#### **CHOOSE FROM**

Pasta Neapolitan 👁 👁 🏹 Jacket Potato with Baked Beans (FDA) @√. Cheese Ø or Tuna Beef Bologaise 🕩

#### SIDES

UNLIMITED

Sweetcorn ∕€V

DESSERTS

Salad Selection €√

Homemade Bread V

Wholewheat Spaghetti

Fresh Organic Carrots

Apple Crumble and Custard

Seasonal Fresh Fruit (FDA)

Organic Fruit Yogurt 𝔍 with

Seasonal Fresh Fruit @√



M WEEK

MONDAY

### SAVE THE PLANET TUESDAY

**CHOOSE FROM** Smoky Vegetable and Bean

Jambalaya (FDA) Mac n Cheese V Sweetcorn & Mixed Pepper Frittata 🔍

#### SIDES

Potato Puffs @V

#### UNLIMITED

Green Beans Roasted Cauliflower Florrets Salad Selection Homemade Bread V

#### DESSERTS

Shortbread Biscuit with Orange Slice **@**√ and Milk **♥ @**√ Organic Fruit Yogurt ♥ with Seasonal Fresh Fruit Seasonal Fresh Fruit (FDA)

### ALLERGEN FRIENDLY WEDNESDAY (FDA)

#### **CHOOSE FROM**

Roasted Stuffed Pepper (FDA) Veggie Hotpot (FDA) 👁 🏹 Meatballs in a Spicy Italian Sauce (FDA)

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#### SIDES

Sliced Potatoes Mixed Rice ∕€√

#### UNLIMITED

Fresh Seasonal Broccoli Mixed Vegetables ♥ Salad Selection ∕₽√ Homemade Bread

#### DESSERTS

Fruit Smoothie (FDA) Fresh Fruit Salad (FDA) € Seasonal Fresh Fruit (FDA)

Milk ♥ 健V will be available after lunch.

#### CLIMATE CHANGE THURSDAY

#### **CHOOSE FROM**

Creamy Korma €V Roasted Vegetable Tagliatelle V 🕩 Jacket Potato with Baked Beans (FDA) 🕼 🗸. Cheese V or Tuna 🕩

#### SIDES

Coconut Rice

#### UNLIMITED

Sweetcorn Roasted Organic Carrots Salad Selection ∕€√ Homemade Bread V

#### DESSERTS

Т

Chocolate Sponge with Chocolate Sauce V Organic Fruit Yogurt V with Seasonal Fresh Fruit Seasonal Fresh Fruit (FDA) €V

> National School Meals Week 6-10 November

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### Chipped Potatoes UNLIMITED

Baked Beans Garden Peas ∕€√ Salad Selection ∕€√ Homemade Bread V

#### DESSERTS

FRIDAY

SIDES

**CHOOSE FROM** 

with a Lemon Twist 🕩

Herby Chicken (FDA)

Power Burger (FDA) in a Bun €

MSC Golden Crumb Fish Fingers

Artic Roll V or Ice Cream Organic Fruit Yogurt ♥ with Seasonal Fresh Fruit Seasonal Fresh Fruit (FDA) € : flour. Where ha rmation on allery - at the school.

Vegetarian 

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Gluten Free

Dairy Free

allergens

FDA Free from the 14 declarable

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