



# Menu November 2022 - March 2023

Menu November 2022 - March 2023			
	Week One	Week Two	Week Three
	31 Oct, 21 Nov, 2 Jan, 23 Jan, 20 Feb, 13 Mar	07 Nov, 28 Nov, 9 Jan, 30 Jan, 27 Feb, 20 Mar	14 Nov, 05 Dec, 16 Jan, 6 Feb, 6 Mar, 27 Mar
Monday	Option 1 Jacket Potato with Cheese & Beans Option 2 Tomato Pasta served with Chunk of Bread Peas & Sweetcorn Dessert Frozen Mousse Fresh Fruit/Jelly/Oaty Apple Bar	Veggie Burrito Vegan Burrito Savoury Rice Mixed Salad Ice Cream Pot Fresh Fruit/Jelly/Oaty Apple Bar	Pizza Roasted Vegetable Pasta Bake Jacket Wedges Peas & Sweetcorn Frozen Mousse Fresh Fruit/Jelly/Oaty Apple Bar
Tuesday	Option 1 Bolognese Option 2 Veggie Bolognese served with Pasta Carrots & Green Beans Dessert Chocolate Cake Fresh Fruit/Jelly/Oaty Apple Bar	Savoury Mince with a Pastry Top Veggie Mince with a Pastry Top Creamed Potatoes Mixed Vegetables & Broccoli Ginger Cake Fresh Fruit/Jelly/Oaty Apple Bar	Chicken Tacos Caribbean Rice Rice Mixed Vegetables & Carrots Lemon Cake Fresh Fruit/Jelly/Oaty Apple Bar
Wednesday	Option 1 Roast Pork & Gravy Option 2 Veggie Meatloaf served with Roast Potatoes Local Seasonal Vegetables & Cooks Choice Dessert Cookie Fresh Fruit/Jelly/Oaty Apple Bar	Roast Turkey with Stuffing & Gravy Carrot & Lentil Bake Roast Potatoes Local Seasonal Vegetables & Cooks Choice Apple Flapjack Fresh Fruit/Jelly/Oaty Apple Bar	Roast Gammon & Gravy Crunchy Veg Crumble Roast Potatoes Local Seasonal Vegetables & Cooks Choice Shortbread Fresh Fruit/Jelly/Oaty Apple Bar
Thursday	Option 1 Fish Option 2 Roasted Vegetable Tart served with Creamed Potatoes Sweetcorn & Salad Dessert Jammie Pinwheel Fresh Fruit/Jelly/Oaty Apple Bar	Pork Meatballs Veggie Meatballs Pasta Carrots & Green Beans Raspberry Buns Fresh Fruit/Jelly/Oaty Apple Bar	Sausagemeat Pie & Gravy Quorn Sausage Roll Boiled Potatoes Mixed Vegetables & Broccoli Krispie Cake Fresh Fruit/Jelly/Oaty Apple Bar
Friday	Option 1 Baked Sausages Option 2 Quorn Sausage served with Chips/Pasta Baked Beans & Peas Dessert Cooks Choice of Dessert Fresh Fruit/Jelly/Oaty Apple Bar	Fish Fingers Veggie Nuggets Chips/Pasta Baked Beans & Sweetcorn Cooks Choice of Dessert Fresh Fruit/Jelly/Oaty Apple Bar	Fish Fingers Veggie Nuggets Chips/Pasta Baked Beans & Sweetcorn Cooks Choice of Dessert Fresh Fruit/Jelly/Oaty Apple Bar
Suitable for Vegetarians Suitable for Vegans & Vegetarians Contains Fish		All items are subject to availability Bread, Salad and fresh drinking water are available with every meal  <a href="http://www.wholeschoolmeals.co.uk">www.wholeschoolmeals.co.uk</a>	