








**Autumn Winter 2022 Central Menu Option B**

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One</b>	Option 1	<b>Build a Burger Day</b> A choice of Burger (meat, veggie or vegan) Toppings and Potato Wedges 	Chicken Curry with Rice 	Roast of the Day with Stuffing, Roast Potatoes and Gravy	Lasagne with Garlic Bread	Fishfingers/ Salmon Fishfingers with Chips
	Option 2		Veggie Curry with Rice 	Crunchy Top Veg Bake with Roast Potatoes 	Tomato Pasta 	Cheese Omelette with Chips
	Vegetables	Sweetcorn & Peas	Peas Carrots	Carrot & Swede Mash Cabbage	Cauliflower Green Beans	Peas Baked Beans 
	Dessert	Ice Cream	Sponge & Custard	Jelly with Peaches	Rice Pudding	Vanilla Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily 						

<b>Week Two</b>	Option 1	<b>Mac and Cheese Station</b> 	Chicken Pie with Mashed Potato	Sausage, Onions and Gravy with Roast Potatoes	Spaghetti Bolognaise with Garlic Bread 	Fishfingers with Chips 
	Option 2	A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Veggie Shepherd's Pie with Gravy 	Cauliflower and Broccoli Cheese with Roast Potatoes	Vegetable Bolognaise with Garlic Bread 	Cheese & Onion Roll with Chips
	Vegetables	Peas Carrots 	Broccoli Sweetcorn	Carrots Cauliflower	Green Beans	Peas Baked Beans 
	Dessert	Iced Cupcake	Chocolate Drizzle Cake	Fresh Fruit and Yoghurt Station	Jelly with Mandarins	Oaty Cookie
Or a choice of Yoghurt & Fresh Fruit available daily 						

<b>Week Three</b>	Option 1	Cheese and Tomato Pizza 	Sausage Roll with Potato Wedges 	<b>Quirky Bird</b> A choice of flavoured chicken or vegan Quorn, With Potato Wedges and Salads 	Cottage Pie 	Sausage with Chips
	Option 2	Veggie Chilli with Rice 	Veggie Sausage Roll with Potato Wedges		Veggie Cottage Pie 	Veggie Sausage with Chips
	Vegetables	Green Beans Carrots	Baked Beans Sweetcorn 	Cauliflower Peas	Broccoli Carrots	Peas Baked Beans
	Dessert	Marble Cake	Chocolate Cookie	Iced Gingerbread	Syrup Sponge with Custard	Apple, Cheese and Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						

**Available Daily:**

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

**ALLERGY INFORMATION:**

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.