



School Menu –



2022/2023



3 Week Cycle	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One 26.09.22 13.03.23 17.10.22 17.04.23 14.11.22 08.05.23 05.12.22 05.06.23 09.01.23 26.06.23 30.01.23 17.07.23 27.02.23	Beef Burger or Vegetable Burger With Seasonal Vegetables Flap Jack	Turkey Escalope Or Cheese and Tomato Pinwheel With Diced Potato Whole Wheat Spaghetti Hoops Blueberry Muffin	Roast of the Day Or Roast Quorn With Seasonal Vegetables and Roast Potatoes Jelly	Mince Beef Cheat Or Macaroni Cheese With Seasonal Vegetables Iced Cake	Chicken Nuggets Or Vegetable Nuggets With Chips and Beans Ice Cream
Week Two 12.09.22 06.03.23 03.10.22 20.03.23 31.10.22 24.04.23 21.11.22 15.05.23 12.12.22 12.06.23 16.01.23 03.07.23 06.02.23	Jacket Potato with a Selection of Fillings Or Tuna Pasta Bake Ginger Bread Biscuit	Sausage or Vegetable Sausage With Mash, Peas and Gravy Chocolate Crispy Cake	Roast of the Day Or Roast Quorn With Seasonal Vegetables and Roast Potatoes Chocolate Mousse	Chicken Curry With Rice Or Cheese and Onion Lattice Slice Flap Jack	Cheese and Tomato Pizza Or Salmon Bites With Chips and Vegetables Frozen Yoghurt
Week Three 19.09.22 13.03.23 10.10.22 27.03.23 07.11.22 01.05.23 28.11.22 22.05.23 03.01.23 19.06.23 23.01.23 10.07.23 13.02.23	Hot Dogs Or Quorn Dogs With Beans or Vegetables Syrup Sponge and Custard	Meat Balls Or Vegetable Balls In a Tomato Sauce With Pasta and Seasonal Vegetables Short Bread	Roast of the day Or Roast Quorn With Seasonal Vegetables and Roast Potatoes Jelly	Turkey Chilli filled Taco Or Vegetable Pasta With Seasonal Vegetables Chocolate Cake	Fish Stars With Chips and Peas Ice Cream

A selection of fresh salad, homemade coleslaw, couscous, bread and pasta, fresh fruit and homemade yoghurt available each day from the salad bar. Fresh chilled drinking water will be available daily.

Some products produced in the school kitchen may contain traces of allergens such as nuts or milk. If your child suffers any specific dietary requirement, please ask a member of the kitchen staff.