



REAL FOOD FOR REAL ENERGY

Menu - September & October 2024

		Week One	Week Two	Week Three
		02/09, 23/09, 14/10	09/09, 30/09, 21/10	16/09, 07/10
Monday	Option 1	Battered Chicken Steak	Margherita Pizza	Tomato Pasta
	Option 2	Veggie Nuggets	Vegetable Curry Pasty	Roasted Vegetable Frittata & Pasta
	served with	Potato Wedges Baked Beans & Peas	Herby Diced Potatoes Baked Beans & Peas	Garlic Bread Peas & Sweetcorn
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans
Dessert	Frozen Dessert Fresh Fruit/Jelly	Frozen Dessert Fresh Fruit/Jelly	Frozen Dessert Fresh Fruit/Jelly	
Tuesday	Option 1	Sticky pork and Pineapple Pitta	Beef Bolognese	Chicken Tacos
	Option 2	*Mexican Bean Pittas	Veggie Bolognese	*Veggie Tacos
	served with	Rice Sweetcorn Salad	Pasta Carrots & Green Beans	Rice Carrots & Sweetcorn
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans
Dessert	Iced Cake Fresh Fruit/Jelly	Shortbread Fresh Fruit/Jelly	Chocolate Brownie Fresh Fruit/Jelly	
Wednesday	Option 1	Roast Gammon & Gravy	Roast Chicken with Stuffing & Gravy	Sausages with Yorkshire Pud & Gravy
	Option 2	*Cheesy Leek & Potato Pie	Vegetable & Chickpea Tart	Quorn Sausage & Gravy
	served with	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	Roast Potatoes Local Seasonal Vegetables & Cooks Choice
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans
Dessert	Carrot Cake Fresh Fruit/Jelly	Lemon Cake Fresh Fruit/Jelly	Cookie Fresh Fruit/Jelly	
Thursday	Option 1	*Pizza Pinwheel	Sausage Roll	Beef Meatballs
	Option 2	Vegetable Pasta Bake	Veggie Sausage Roll	Meatless Meatballs
	served with	Crushed new Potatoes Coleslaw & Cucumber	Pasta Salad Coleslaw & Mixed Salad	Pasta Broccoli & Mixed Vegetables
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans
Dessert	Oat Cookie Fresh Fruit/Jelly	Cornflake Tart Fresh Fruit/Jelly	Golden Krispie Cake Fresh Fruit/Jelly	
Friday	Option 1	Fish Fingers	Fish Fingers	Fish Fingers
	Option 2	*Cheese Puff	Veggie Nuggets	*Pizza Whirl
	served with	Chips/Pasta Baked Beans & Sweetcorn	Chips/Pasta Baked Beans & Sweetcorn	Chips/Pasta Baked Beans & Sweetcorn
	Option 3	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans	*Jacket Potato with Cheese & Beans
Dessert	Cooks Choice of Dessert Fresh Fruit/Jelly	Cooks Choice of Dessert Fresh Fruit/Jelly	Cooks Choice of Dessert Fresh Fruit/Jelly	
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 All items with * can be made Vegan Friendly www.wholeschoolmeals.co.uk		