



REAL FOOD FOR REAL ENERGY

# Menu September 2023 - October 2023

		Week One	Week Two	Week Three
		4th Sept, 25 Sept, 16th Oct	11th Sept, 2nd Oct	18th Sept, 9th Oct
Monday	Option 1	Mac n Cheese	Pizza *	Cheesy Broccoli Pasta Bake
	Option 2	Roasted Vegetable Pasta Bake	Tomato Pasta	Pasta Provencale
	served with	Garlic Flatbread Peas & Sweetcorn	1/2 Jacket Potato Sweetcorn & Mixed Salad	Chunk of Home-made 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	Bolognese	Pork Meatballs	Chicken Tacos
	Option 2	Veggie Bolognese	Veggie Meatloaf *	Mexican Bean Wraps *
	served with	Spaghetti Mixed Vegetables & Broccoli	Pasta Green Beans & Carrots	Savoury Rice Mixed Salad
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
Dessert	Iced Carrot Cake Fresh Fruit/Jelly	Chocolate Cake & Chocolate Sauce Fresh Fruit/Jelly	Marble Sponge & Custard Fresh Fruit/Jelly	
Wednesday	Option 1	Roast Chicken with Stuffing & Gravy	Roast Pork & Gravy	Roast Turkey with Stuffing & Gravy
	Option 2	Carrot & Lentil Bake	Mustardy Veggie Sausage Bake	Spring Vegetable & Potato Bake
	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	Vanilla Shortbread Fresh Fruit/Jelly	Oat Cookie Fresh Fruit/Jelly	Gingerbread Fresh Fruit/Jelly	
Thursday	Option 1	Sausage Roll Slice	Breaded Chicken Steak	Burger in a Bun
	Option 2	Veggie Sausage Roll	Curried Vegetable Pasty	Cheese Puff *
	served with	Creamed Potatoes Baked Beans or Carrots & Gravy	Pasta Salad Cucumber & Sweetcorn	Jacket Wedges Coleslaw & Cucumber
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
Dessert	Jam Scone Fresh Fruit/Jelly	Iced buns Fresh Fruit/Jelly	Krispie Cake Fresh Fruit/Jelly	
Friday	Option 1	Fish Fingers	Fish Fingers	Fish Fingers
	Option 2	Veggie Nuggets	Veggie Nuggets	Veggie Nuggets
	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 vegetarian dishes with * can be made suitable for vegans <a href="http://www.wholeschoolmeals.co.uk">www.wholeschoolmeals.co.uk</a>		