

SPRING 2023 MENU

Fresh fruit & yoghurt available with every meal!



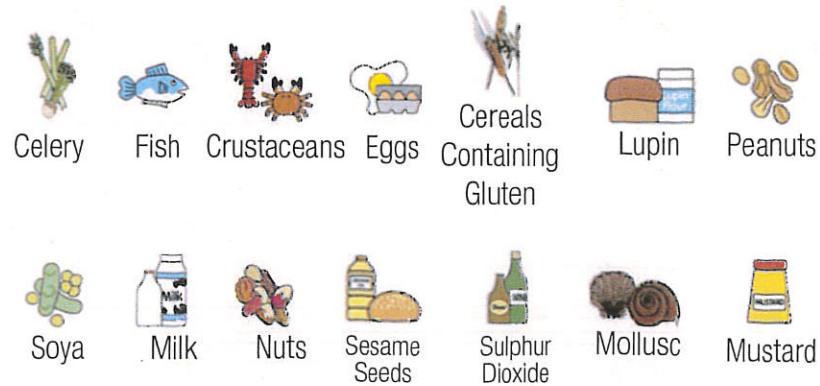
If your child has an allergy or special dietary requirements, please inform the school and our catering team, so we can discuss their needs.



We have highlighted the 14 allergens on our menus to help you make informed decisions. Some of our recipes include 'may contain' information, but this is not included on our menus. This information is however available on our daily allergen matrix. Please contact your school cook for further information.



V = Vegetarian



Additional items may be available at your school, i.e. jacket potatoes and sandwiches. Please speak to your school for further information.

Don't forget to turn the page to see the Spring Term's upcoming promotions, a tasty recipe to make at home, and a nutritional good-to-know!

	WEEK 1	WEEK 2	WEEK 3
	Served w/c 2nd Jan, 23rd Jan, 20th Feb, 13 Mar	Served w/c 9th Jan, 30th Jan, 27th Feb, 20th Mar	Served w/c 16th Jan, 6th Feb, 6th Mar, 27th Mar
Monday	V Pasta Parcels in a Homemade Tomato Sauce V Sticky Vegetable Noodles Cauliflower & Green Beans Garlic Bread CHEESE SANDWICH Apple Crumble & Custard	V Pizza V Vegetable Curry Pastry with Crusty Bread Diced Potatoes Peas & Sweetcorn CHEESE SANDWICH Krispie Cereal Bar	V Farmhouse Mac & Cheese with Garlic Bread V Melting Veggie Slice with 50/50 Rice Broccoli & Carrots ***** Jam Roly Poly & Custard
Tuesday	Crispy Chicken Bites V Cheese & Onion Whirl Baked Baby Potatoes Peas & Sweetcorn Herby Bread HAM SANDWICH Orange Shortbread	Pasta Bolognese V Cheesy Leek Croquette Cauliflower & Green Beans Garlic Bread EGG MAYO SANDWICH Chocolate Orange Sponge & Chocolate Sauce	Cheese Burger V Veggie Dog Baked Potato Wedges Spring Coleslaw with Cucumber Sticks ***** Banana Brownie
Wednesday	Roast Turkey & Stuffing V Sweet Potato & Spring Vegetable Bake Roast Potatoes Medley of Seasonal Vegetables Homemade 50/50 Bread ***** Arctic Roll & Fruit	Sausages & Yorkshire Pudding V Veggie Sausages & Yorkshire Pudding Mashed Potato Medley of Seasonal Vegetables Sliced Wholemeal Bread CHEESE SANDWICH Cheese & Crackers	Mince Beef & Dumplings with Baked Baby Potatoes V Vegetable Cottage Pie Medley of Seasonal Vegetables Sliced Wholemeal Bread ***** Marbled Sponge & Custard
Thursday	Chilli Con Carne & Naan Bread V Cheesy Bean Enchilada 50/50 Rice Broccoli & Carrots VEGGIE CHILLI S/POTATO Cheese & Crackers	Chicken Wrap V Sweet Potato & Spring Vegetable Curry with Homemade 50/50 Bread Vegetable Rice Broccoli & Carrots ***** Apple Flapjack	Chicken Korma & Rice V Vegetable Lasagne Cauliflower & Green Beans Naan Bread TUNA SANDWICH Oatie Biscuit & Cheese
Friday	Fishwich V Veggie Burger Chips Crunchy Vegetable Sticks ***** Chocolate Berry Mousse Cake	Fish Fingers V Chilli Wrap Chips Baked Beans & Peas Crusty Bread ***** Lemon Drizzle Muffin	Battered Fish V Cheese & Tomato Quiche Chips Peas & Sweetcorn Crusty Bread ***** Lemon & Sultana Iced Finger

World Book Day
2nd March
2023

Census
Day 19th
Jan 2023