

# Week 1

1

### Week starting:

4/7/22, 5/9/22, 26/9/22,  
17/10/22, 7/11/22,  
28/11/22, 19/12/22

### MONDAY

Vegan Topped  
Margarita Pizza  
served with  
Potato Wedges,  
Baked Beans & Veggie  
Sticks

### THURSDAY

Slow Cooked Beef  
in Gravy  
or  
Vegan Quorn in Gravy  
served with  
Mashed & Roast  
Potatoes,  
Broccoli & Carrots

### TUESDAY

Homemade  
Cottage Pie  
or  
Vegetable Cottage Pie  
served with  
Carrots, Broccoli  
& Gravy

### FRIDAY

Sliced Ham  
or Quorn Fishless  
Fingers  
served with Chipped  
Potatoes,  
Sweetcorn, Peas  
or  
Baked Beans

### WEDNESDAY

Home Baked  
Chicken Neapolitan  
Pasta Bake  
or  
Vegetable Neapolitan  
served with  
Peas & Sweetcorn

# Week 2

### Week starting:

11/7/22, 12/9/22, 3/10/22,  
24/10/22, 14/11/22,  
5/12/22, 26/12/22

### MONDAY

Vegan Cheese Topped  
Tomato & Basil Pasta  
Bake  
served with  
Carrots & Peas

### THURSDAY

Roast Turkey  
Or  
Vegan Quorn Sausages  
served with  
Roast & Mashed  
Potatoes,  
Cabbage, Carrots  
& Gravy

### TUESDAY

Chicken Burger  
served with  
Potato Wedges  
&  
Veggie Sticks  
or  
Jacket Potato with  
Various Fillings

### FRIDAY

Quorn Dippers  
served with  
Chipped Potatoes,  
Sweetcorn or Baked  
Beans

### WEDNESDAY

Homemade Beef  
Bolognese  
or  
Vegetable Bolognese  
served with  
Pasta &  
Seasonal Vegetables

# Week 3

3

### Week starting:

18/7/22, 19/9/22, 10/10/22,  
31/10/22, 21/11/22,  
12/12/22, 2/1/23

### MONDAY

Vegan Cheese Topped  
Tomato & Basil Pasta  
Bake  
served with  
Carrots & Peas

### THURSDAY

Roast Chicken Fillet  
or  
Vegan Quorn Fillet  
Served with Mashed  
Potatoes, Green  
Vegetable Medley &  
Carrots

### TUESDAY

Chicken Burger  
served with  
Chipped Potatoes,  
Peas & Sweetcorn  
or  
Jacket Potatoes with  
Various Fillings

### FRIDAY

Sliced Ham  
or  
Fishless Fingers  
served with  
Chipped Potatoes,  
Baked Beans or  
Peas, Sweetcorn &  
Veggie Sticks

### WEDNESDAY

Homemade Beef  
Bolognese  
or  
Vegetable Bolognese  
served with Pasta,  
Peas & Broccoli

Go to [www.food.gov.uk/ratings](http://www.food.gov.uk/ratings) to find out the Food Hygiene rating of our schools

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Welcome to our September 2022

## ALLERGEN MENU

Milk Free Cookies, Fresh Fruit or Jelly available daily

Jacket Potatoes with Ham, Beans or Vegan Cheese available daily as an alternative to the main meal of the day

Allergen information to accompany this menu is provided to staff for distribution upon request  
Please contact us if your child has specialist dietary needs; we aim to provide a healthy balanced school meal for every pupil

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