












**Autumn Winter 2022 Central Menu Option B**

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One</b>	Option 1	Cheesy Swirl with New Potatoes	Chicken Curry with Rice 	Roast of the Day with Stuffing, Roast Potatoes and Gravy	<b>Build a Burger Day</b> A choice of Burger (meat, veggie or vegan)  Toppings and Potato Wedges 	Fishfingers/ Salmon Fishfingers with Chips
	Option 2	Tomato Pasta 	Veggie Wrap Stack with Rice 	Crunchy Top Veg Bake with Roast Potatoes 		Cheese Omelette with Chips
	Vegetables	Cauliflower Green Beans	Peas Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
	Dessert	Pear and Chocolate Crumble with Custard	Yoghurt & Raisin Cake	Fresh Fruit and Yoghurt Station	Seasonal Root Cake	Vanilla Shortbread 
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Two</b>	Option 1	<b>Mac and Cheese Station</b> 	Chicken Pie with Mashed Potato 	Sausage, Onions and Gravy with Roast Potatoes	Spaghetti Bolognese with Garlic Bread 	Fishfingers with Chips
	Option 2	A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Veggie Shepherd's Pie with Gravy 	Cauliflower and Broccoli Cheese with Roast Potatoes	Vegetable Fajitas with Rice 	Mexican Roll with Chips 
	Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Brussel Sprouts	Green Beans Roasted Butternut Squash	Peas Baked Beans
	Dessert	Jelly with Mandarins 	Chocolate Drizzle Cake	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard	Oaty Cookie 
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Three</b>	Option 1	Cheese and Tomato Pizza 	Sausage Roll with Potato Wedges	<b>Quirky Bird</b> A choice of flavoured chicken or vegan Quorn, With Potato Wedges and Salads 	Sticky Chicken Noodles 	Fishfingers with Chips
	Option 2	Veggie Chilli with Rice 	Veggie Sausage with Potato Wedges 		Chinese Vegetable Curry with Rice 	Cheese Quiche with Chips
	Vegetables	Green Beans Carrots	Baked Beans Sweetcorn	Cauliflower Peas	Broccoli Carrots	Mushy Peas Baked Beans
	Dessert	Marble Cake	Chocolate Cookie 	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard	Apple, Cheese and Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						

**Available Daily:**

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

**ALLERGY INFORMATION:**

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.