| Winter Menu October 2023 to Easter 2024 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Cycle 2 Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main Lunch Option |  |  |  |  |  |
| Main Meat | Beef Meatballs in a Tomato Sauce \& Basil Sauce | Lamb <br> Biryani <br> Lentil Dhal <br> Cucumber, Tomato and Onion Salad | Roast Beef <br> Yorkshire Pudding <br> Roast Potatoes <br> Broccoli, Cauliflower, Carrots Gravy | Cheese \& Tomato Turnover Jacket Wedges <br> and Baked Beans | Fish Fillet Fingers <br> Mashed Potatoes Peas \& Corn |
| Main Meat | Turkey Milanese with Half Jacket Potato Baked Beans | Hunters Chicken New Potatoes Garden Peas | Mince pork Wellington with Roast Potatoes, Broccoli, Carrots \& Cauliflower | Non-Fried Boneless Chicken <br> Thighs <br> with <br> Jacket Wedges and Baked Beans | Cajun Turkey Strips with Wholegrain Rice |
| Main Vegetarian | Quorn Meatballs in Tomato \& Basil Sauce <br> Pasta Shapes <br> Garlic Bread <br> Mixed Salad | Vegetable Biryani <br> Lentil Dhal <br> Cucumber, Tomato and Onion Salad | Vegan Quorn Sausage <br> Roast Potatoes <br> Broccoli, Cauliflower, Carrots <br> Gravy | Sweet Potato \& Chickpea Curry <br> Rice | Vegetable Fingers Mashed Potatoes Peas \& Corn |
| Pasta Bar | Tomato \& Pesto Pasta | Wholemeal pasta With Tomato \& Basil Sauce | Macaroni Cheese with Mixed Salad | Vegetable \& Tomato Pasta | Creamy Tomato Pasta |
| Jacket Potatoes with assorted fillings. |  |  |  |  |  |
| Bread with no added fat or oil will be available every day. |  |  |  |  |  |
| Dessert Option |  |  |  |  |  |
| Dessert | Gingerbread Biscuit | Raspberry \& Vanilla Ice Cream Roll | Lemon Muffin | Apple Sponge <br> with Custard | Chocolate Crunch <br> Chocolate Sauce |
| Fruit Selection | Fruit Selection | Fruit Selection | Fruit Selection | Fruit Selection | Fruit Selection |
| Yoghurt Selection | Yoghurt Selection | Yoghurt Selection | Yoghurt Selection | Yoghurt Selection | Yoghurt Selection |


| Winter Menu October 2023 to Easter 2024 |  |  |  |  |  |
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| Cycle 2 Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main Lunch Option |  |  |  |  |  |
| Main Meat | Sausage Roll Mashed Potatoes Baked Beans | Minced Beef Lasagne <br> Broccoli, Cauliflower \& Carrot Mix | Roast Pork Apple Sauce <br> Roast Potatoes Carrots Cabbage \& Gravy | Chicken and Pepper Pasta in Tomato Sauce <br> Garlic Bread | Salmon \& Sweet Potato Fishcake <br> Jacket Wedges <br> Peas \& Corn |
| Main Meat | Chicken \& Oriental Veg in Sweet Chili Sauce <br> Wholegrain Rice | Lemon Pepper Haddock With New potatoes \& Peas | BBQ Turkey with Vegetable Seamed Rice | Beef \& Mushroom Pie New Potatoes Green Beans Gravy | Lamb Burger with Mixed Salad \& Jacket Wedges |
| Main Vegetarian | Vegan Sausage Roll <br> Mashed Potatoes Baked Beans | Vegetable Lasagne <br> Broccoli, Cauliflower \& Carrot Mix | Vegetable Crumble Roast <br> Potatoes <br> Carrots <br> Cabbage <br> \& Gravy | Vegetable Samosa <br> Wholegrain rice with onions \& Peppers | Quorn Dippers <br> Jacket Wedges <br> Peas \& Corn |
| Pasta Bar | Tomato \& Pesto | Wholemeal Tomato \& Basil | Macaroni Cheese | Tomato, Basil \& Lentil Pasta | Creamy Tomato |
| Jacket Potatoes with Assorted fillings |  |  |  |  |  |
| Bread with no added fat or oil will be available every day. |  |  |  |  |  |
| Dessert Option |  |  |  |  |  |
| Dessert | Blueberry Muffin | Apple Crumble <br> Custard | Strawberry Jelly | Vanilla Sponge <br> Custard | Chocolate Fudge Pudding |
| Fruit Selection | Fruit Selection | Fruit Selection | Fruit Selection | Fruit Selection | Fruit Selection |
| Yoghurt Selection | Yoghurt Selection | Yoghurt Selection | Yoghurt Selection | Yoghurt Selection | Yoghurt Selection |

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| Winter Menu October 2023 to Easter 2024 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Cycle 2 Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main Lunch Option |  |  |  |  |  |
| Main Meat | Chicken Goujon Wrap Corn on the Cob Mixed Salad | Spaghetti Bolognese Garlic Bread | Roast Turkey Roast Potatoes Carrots Broccoli \& Gravy | Ham and Cheese Pizza Jacket Wedges Baked Beans | Fish Cake Diced Potatoes Garden Peas |
| Main Meat | Pork Goulash with Mashed Potatoes Broccoli | Lamb Burger with Half Jacket Potato \& Baked Beans | Beef Stroganoff with Wholegrain Rice | Chicken \& Broccoli Pasta Bake with Salad | Pulled Pork in BBQ Sauce Diced Potatoes Garden Peas |
| Main Vegetarian | Vegetable Nugget Wrap Corn on the Cob Mixed Salad | Quorn Pieces in Sweet \& Sour Sauce with Rice | Vegan Quorn Sausages <br> Roast Potatoes <br> Carrots <br> Broccoli <br> \& Gravy | Cheese and Tomato Pizza Jacket Wedges Baked Beans | Vegan Vegetable Burger Diced Potatoes Garden Peas |
| Pasta Bar | Tomato \& Pesto | Wholemeal Tomato \& Basil | Tomato \& Lentil | Creamy Tomato | Macaroni Cheese |
| Jacket Potato \& Filling |  |  |  |  |  |
| Bread with no added fat or oil will be available every day. |  |  |  |  |  |
| Dessert Option |  |  |  |  |  |
| Dessert | Oat \& Raisin Cookie | Syrup Sponge Custard | Chocolate Cake with Chocolate Frosting | Apple \& Blackberry Crumble <br> Custard | Jam Sponge Custard |
| Fruit Selection | Fruit Selection | Fruit Selection | Fruit Selection | Fruit Selection | Fruit Selection |
| Yoghurt Selection | Yoghurt Selection | Yoghurt Selection | Yoghurt Selection | Yoghurt Selection | Yoghurt Selection |

