

## Autumn/ Winter Menu 2022-2023



w/c 31<sup>st</sup> Oct, 28<sup>th</sup> Nov, 2<sup>nd</sup> Jan, 30<sup>th</sup> Jan, 6<sup>th</sup> March

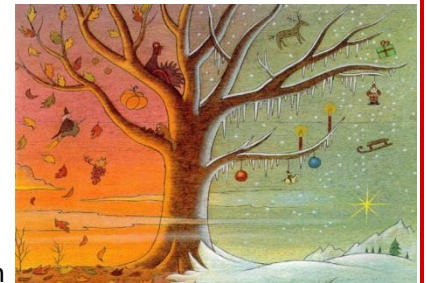
Week 1	Lunch and Dessert
<b>Monday</b>	Beef Bolognese Pasta Bake with Broccoli Oat and Raisin Cookies
<b>Tuesday</b>	Sweet Potato and Lentil Korma with Rice and Naan Chocolate Sponge with Chocolate Sauce
<b>Wednesday</b>	Macaroni Cheese with Sweetcorn Sprinkle Cake
<b>Thursday</b>	Sausages, Roast Potatoes, Carrots and Cabbage Greek Yogurt and Berries
<b>Friday</b>	Cod Mornay with Baby Potatoes and Peas Rocky Road

w/c 7<sup>th</sup> Nov, 5<sup>th</sup> Dec, 9<sup>th</sup> Jan, 6<sup>th</sup> Feb, 13<sup>th</sup> March

Week 2	Lunch and Dessert
<b>Monday</b>	Spicy Courgettes, Peppers and Beans in Tomato Sauce with Naan Lemon Drizzle Muffins
<b>Tuesday</b>	Roast Chicken, Roast Potatoes, Carrots and Broccoli Rice Pudding
<b>Wednesday</b>	Tuna and Sweetcorn Pasta Bake with Farmhouse Veg Apple Crumble and Custard
<b>Thursday</b>	Lamb and Vegetable Crumble with Baby Potatoes and Peas Apricot Flapjack
<b>Friday</b>	Chilli Con Carne with Rice and Sweetcorn Cornflake Tart with Custard



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w/c 14<sup>th</sup> Nov, 12<sup>th</sup> Dec, 16<sup>th</sup> Jan, 20<sup>th</sup> Feb, 20<sup>th</sup> March

Week 3	Lunch and Dessert
<b>Monday</b>	Tomato Pasta with Cucumber Homemade Shortbread
<b>Tuesday</b>	Chicken and Vegetable Stew with Crusty Bread Carrot Cake
<b>Wednesday</b>	Roast Gammon, Roast Potatoes, Carrots and Peas Greek Yogurt and Berries
<b>Thursday</b>	Sausages, Chips and Beans Baked Jam Sponge and Custard
<b>Friday</b>	Spaghetti Bolognese with Broccoli Fudge Tart

w/c 21<sup>st</sup> Nov, 19<sup>th</sup> Dec, 23<sup>rd</sup> Jan, 27<sup>th</sup> Feb, 27<sup>th</sup> March

Week 4	Lunch and Dessert
<b>Monday</b>	Cajun Pork with Rice and Broccoli Chocolate Chip Muffins
<b>Tuesday</b>	Meatballs in Tomato Sauce with spaghetti and Peas Bananas and Custard
<b>Wednesday</b>	Roast Chicken, Roast Potatoes, Cabbage and Carrots Blueberry and Lemon Traybake
<b>Thursday</b>	Baked Beans, Cheese and Potato Pie and Mixed Veg Homemade Cookies
<b>Friday</b>	Fish Fingers, Chips and Peas Mixed Fruit Crumble and Custard

Menu is subject to change.  
Vegetarian option is always available.