



MENU

Food. Health. Earth. **AUTUMN/WINTER 2022/23**

FREE

for every Gastronomer in Reception and Years 1 and 2! (worth £460 per school year)

OR

ONLY

£2.60



Outstanding quality prepared by award winning Chefs



Reduced sugar and salt recipes



Unlimited freshly baked bread and vegetables, crudités or salad bar every day

WEEK 1

Week starting: 31 Oct
21 Nov | 12 Dec | 16 Jan
6 Feb | 6 Mar | 27 Mar

MONDAY Margherita pizza with herby potatoes and coleslaw

Veggie bean taco with herby potatoes and coleslaw

DESSERT: Fruit salad*

TUESDAY Chicken katsu curry with white rice and broccoli

Cheese and potato pie with baked beans

DESSERT: Chocolate crunch and custard

WEDNESDAY Roast British gammon with roast potatoes, carrots and gravy

Vegan sausage with roast potatoes, peas and gravy

DESSERT: Yoghurt selection

THURSDAY Beef Bolognese with wholemeal pasta and sweetcorn

Oriental tofu stir fry with noodles and green beans

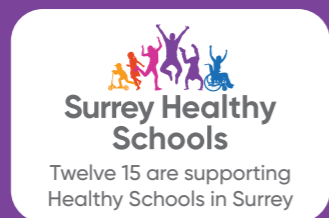
DESSERT: Apple crumble & custard*

FRIDAY Salmon and sweet potato fishcake with oven baked chips and baked beans

Falafel burger and tomato salsa with oven baked chips and peas

DESSERT: Vanilla ice cream

Suitable for Vegetarians.
*Desserts highlighted with an asterix contain a minimum of 50% fruit. Fruit or yoghurt is available daily as an alternative to the advertised pudding. Please check with the school as the menus may be changed to meet the needs of the school.



WEEK 2

Week starting: 7 Nov
28 Nov | 2 Jan | 23 Jan
20 Feb | 13 Mar

MONDAY Mac 'n' cheese with herby potatoes and mixed salad

Veggie burrito with herby potatoes and mixed salad

DESSERT: Oaty apple muffin with fresh apple slices*

TUESDAY Jerk chicken rice and peas

Tomato and basil gnocchi with garlic bread and sweetcorn

DESSERT: Chocolate brownie

WEDNESDAY Roast British beef with Yorkshire pudding, roast potatoes, broccoli and gravy

Vegan Cumberland sausage with roast potatoes, carrots and gravy

DESSERT: Fruit salad*

THURSDAY Pork and carrot meatballs in tomato sauce with wholemeal pasta and green beans

Sweet potato and jackfruit curry with white rice and cauliflower

DESSERT: Yoghurt selection

FRIDAY Pollock fish fingers with oven baked chips and baked beans

Vegetable fingers with oven baked chips and peas

DESSERT: Chocolate and orange shortbread

WEEK 3

Week starting: 14 Nov
5 Dec | 9 Jan | 30 Jan
27 Feb | 20 Mar

MONDAY Shepherdless pie with peas

Cheese and broccoli quiche with freshly baked bread and carrots

DESSERT: Lemon drizzle cake

TUESDAY Cumberland pork sausages with mashed potato and green beans

Mediterranean vegetable pasta bake with sweetcorn

DESSERT: Jaffa cake pots*

WEDNESDAY Roast British chicken with sage and onion stuffing, roast potatoes, winter greens and gravy

Quorn fillet with sage and onion stuffing, roast potatoes, winter greens and gravy

DESSERT: Yoghurt selection

THURSDAY Beef fajita pasta with broccoli

Veggie Moroccan meatballs with wholemeal pasta and carrots

DESSERT: Fruit salad*

FRIDAY Breaded Pollock fillet with oven baked chips and peas

Vegan nuggets with oven baked chips and baked beans

DESSERT: Chocolate & pear sponge

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