SCHOOL MEALS

Available daily as an alternative: - Filled jacket potatoes served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, yoghurt, soreen and cheese & biscuits

Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.





Week One

Meat Free Monday

Homemade Macaroni Cheese

Vegetarian Sausage Roll baked diced potatoes and beans

Vanilla Ice Cream

Tuesday

▼ Roast Gammon served with sage and onion stuffing creamed & roast potatoes, seasonal fresh carrots and broccoli and gravy

Cooks choice curry served with 50/50 rice

Fresh Fruit Segments or yoghurt

Wednesday

V Pork Sausage with creamed potatoes, gravy served with seasonal fresh carrots and peas

V Panini served with Coleslaw, sweetcorn and salad

Homemade Blueberry Cake

Thursday

√ Oven baked Fish Fingers served with chunky chipped potatoes, garden peas or baked beans

 Crumb Coated Chicken served with chunky chipped potatoes, garden peas or baked beans

Homemade Shortbread Biscuit

Friday

Homemade Tomato and Mascarpone Pasta Bake Served with seasonal vegetables

Homemade Cheese Flan served with baked jacket wedges sweetcom and salad

V Jelly and Fruit

Week Two

Meat Free Monday

Margarita Pizza served with baked jacket wedges and sweetcorn

Vanilla Ice Cream

Tuesday

V Roast Turkey with sage and onion stuffing served with roast & creamed potatoes, seasonal fresh carrots and broccoli and gravy

∨ Chilli Beef served with 50/50 rice

Fresh Fruit Salad or Yoghurt

Wednesday

V Cooks choice homemade pie Served with seasonal vegetables

Spicy Quorn served with savoury rice and mixed vegetables

V Jelly and Fruit

Thursday

V Oven baked Battered Salmon served with chunky chipped potatoes garden peas or baked beans

V Chicken goujons or poppers served with chunky chipped potatoes garden peas or baked beans

Homemade cooks choice Biscuit

Friday

V Homemade Spaghetti Bolognaise served with garden peas

Vegetarian curry served with 50/50 rice

Cooks choice Homemade Carrot Cake or Banana and Oat Cake

Week Three

Meat Free Monday

Homemade Tomato and Mascarpone Pasta Bake served with seasonal vegetables

Quorn nuggets with baked herby diced potatoes, and sweetcorn

Vanilla Ice Cream

Tuesday

V Roast Chicken sage & onion stuffing served with gravy, roast & creamed potatoes, seasonal fresh carrot and cabbage

Cheese pasty

Fresh Fruit Segments or Yoghurt

Wednesday

V Chicken Tikka Masala served with 50/50 rice

∨ Baguette pizza
served with fresh salad and coleslaw

Apple Crumble and custard

Thursday

Chicken poppers

Served with chunky chipped potatoes,
garden peas or baked beans

V Oven baked Battered Fish served with chunky chipped potatoes, garden peas or baked beans

Homemade Flapjack

Friday

V Pork Meatballs in homemade tomato and basil sauce served with wholemeal pasta and garden peas

Quorn burger in a bun

V Jelly and Fruit



Menu cycle week one: 31^{\pm} Oct, 21^{\pm} Nov, 12^{\pm} Dec, 9^{\pm} Jan, 30^{\pm} Jan, 20^{\pm} Feb, 13^{\pm} Mar, 3^{rd} Apr, 24 Apr, 15^{\pm} May, $5\pm$ Jun, 26^{\pm} Jun, 17^{\pm} July,

Menu cycle week two: 7th Nov, 28th Nov, 19th Dec, 16th Jan, 6th Feb, 27th Feb, 20th Mar, 10th Apr, 1st May, 22nd May, 12th Jun, 3rd July, 24th July

Menu cycle week three: 14th Nov, 5th Dec, 2nd Jan, 23rd Jan, 13th Feb, 6th Mar, 27th Mar, 17th Apr, 8th May, 29th May, 19th Jun, 10th Iulv.

School Menu Autumn/Winter 2022-2023



= Vegetarian V = Vegetarian substitute available Lunch will be served with fresh milk or drinking water. All homemade dishes contain additional vegetables.

For allergen and dietary help please contact school meals helpdesk on 01925 443082 or visit our website www.warrington.gov.uk/schoolmeals





