

AUTUMN / WINTER 2023/24 MENU

Weeks	WEEK 1	MONDAY (Meat Free)	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Starting 30/10	OPTION 1	Cheese & Tomato Pizza with Pasta Salad	Tomato Pasta	Roast Chicken with Roast Potatoes & Gravy	Sweet & Sour Chicken	Harry Ramsden's Fish with Oven Chips
20/11 11/12	OPTION 2	Cheese & Tomato Pasta	Sweet Potato Whirl with Potato Crispers	Quorn Sausage with Roast Potatoes & Gravy	Meat Free Bolognese with Pasta	Cheese & Onion Slice with Oven Chips
15/1 5/2 4/3 25/3	OPTION 3	Jacket Potato with Cheese, Beans or Tuna	Cheese, Pepper & Sweetcorn Wrap	Cheese, Ham Wrap	Jacket Potato with Cheese, Beans or Tuna	Cheese & Tomato Pasta Pot
Weeks	WEEK 2	MONDAY (Meat Free)	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
starting 6/11	OPTION 1	Pasta Twists with Tomato Sauce	Pork Sausages with Potato Crispers	Roast Gammon with Roast Potatoes & Gravy	Keralan Chicken Curry with Rice	Fish Fingers with Oven Chips
27/11 1/1 22/1	OPTION 2	Bombay Beans and Cheese Topped Potato Crispers	Meat Free Sausages with Potato Crispers	Meat Free Lattice Slice with Roast Potatoes & Gravy	Jacket Potato with Cheese or Tuna	Meat Free Hot Dog with Oven Chips
19/2 11/3	OPTION 3	Jacket Potato with Cheese, Beans or Tuna	Cheese, Pepper & Sweetcorn Wrap	Cheese, Ham Wrap	Jacket Potato with Cheese or Tuna	Cheese & Tomato Pasta Pot
Weeks	WEEK 3	MONDAY (Meat Free)	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
starting 13/11	OPTION 1	Pasta Bake	Beef Burger in a Bun with Oven Chips	Roast Chicken with Roast Potatoes & Gravy	Keralan Chicken Curry with Rice	Harry Ramsden's Fish with Oven Chips
4/12 8/1 29/1	OPTION 2	Pasta Bake	Meat Free Burger in a Bun with Oven Chips	Cauliflower & Broccoli Cheese with Roast Potatoes & Gravy	Vegetable Keralan Curry with Rice	Vegan Nuggets with Oven Chips
26/2 18/3	OPTION 3	Jacket Potato with Cheese, Beans or Tuna	Cheese, Pepper & Sweetcorn Wrap	Cheese, Ham Wrap	Jacket Potato with Cheese or Tuna	Cheese & Tomato Pasta Pot