

Fresh fruit & yoghurt
available with
every meal!



i

If your child has an allergy or special dietary requirements, please inform the school and our catering team, so we can discuss their needs.



We have highlighted the 14 allergens on our menus to help you make informed decisions. Some of our recipes include 'may contain' information, but this is not included on our menus. This information is however available on our daily allergen matrix. Please contact your school cook for further information.



✓ = Vegetarian



Additional items may be available at your school, i.e. jacket potatoes and sandwiches. Please speak to your school for further information.

Don't forget to turn the page to see the Spring Term's upcoming promotions, a tasty recipe to make at home, and a nutritional good-to-know!



SPRING 2023 MENU

WEEK 1

Served w/c 2nd Jan, 23rd Jan,
20th Feb, 13 Mar

WEEK 2

Served w/c 9th Jan, 30th Jan,
27th Feb, 20th Mar

WEEK 3

Served w/c 16th Jan, 6th Feb,
6th Mar, 27th Mar

Monday

- ✓ Pasta Parcels in a Homemade Tomato Sauce
- ✓ Sticky Vegetable Noodles
Cauliflower & Green Beans
Garlic Bread
- Apple Crumble & Custard

- ✓ Pizza
- ✓ Vegetable Curry Pastry with Crusty Bread
Diced Potatoes
Peas & Sweetcorn
- Krispie Cereal Bar

- ✓ Farmhouse Mac & Cheese with
Garlic Bread
- ✓ Melting Veggie Slice with 50/50 Rice
Broccoli & Carrots
- Jam Roly Poly & Custard

Tuesday

- Crispy Chicken Bites
- ✓ Cheese & Onion Whirl
Baked Baby Potatoes
Peas & Sweetcorn
Herby Bread
- Orange Shortbread

- Pasta Bolognese
- ✓ Cheesy Leek Croquette
Cauliflower & Green Beans
Garlic Bread
- Chocolate Orange Sponge & Chocolate Sauce

- Cheese Burger
- ✓ Veggie Dog
Baked Potato Wedges
Spring Coleslaw with Cucumber Sticks
- Banana Brownie

Wednesday

- Roast Turkey & Stuffing
- ✓ Sweet Potato & Spring Vegetable Bake
Roast Potatoes
Medley of Seasonal Vegetables
Homemade 50/50 Bread
- Arctic Roll & Fruit

- Sausages & Yorkshire Pudding
- ✓ Veggie Sausages & Yorkshire Pudding
Mashed Potato
Medley of Seasonal Vegetables
Sliced Wholemeal Bread
- Cheese & Crackers

- Mince Beef & Dumplings with Baked Baby Potatoes
- ✓ Vegetable Cottage Pie
Medley of Seasonal Vegetables
Sliced Wholemeal Bread
- Marbled Sponge & Custard

Thursday

- Chilli Con Carne & Naan Bread
- ✓ Cheesy Bean Enchilada
50/50 Rice
Broccoli & Carrots
- Cheese & Crackers

- Chicken Wrap
- ✓ Sweet Potato & Spring Vegetable
Curry with Homemade 50/50 Bread
Vegetable Rice
Broccoli & Carrots
- Apple Flapjack

- Chicken Korma & Rice
- ✓ Vegetable Lasagne
Cauliflower & Green Beans
Naan Bread
- Oatie Biscuit & Cheese

Friday

- Fishwich
- ✓ Veggie Burger
Chips
Crunchy Vegetable Sticks
- Chocolate Berry Mousse Cake

- Fish Fingers
- ✓ Chilli Wrap
Chips
Baked Beans & Peas
Crusty Bread
- Lemon Drizzle Muffin

- Battered Fish
- ✓ Cheese & Tomato Quiche
Chips
Peas & Sweetcorn
Crusty Bread
- Lemon & Sultana Iced Finger

Quorn

Harry Ramsden's Junior

Hilcona

HEINZ

Angel Delight

We incorporate well known brands into our dishes including Quorn, Harry Ramsden's Junior, Hilcona, Heinz & Angel Delight.