

Autumn Term Menu 2022 Windale



		Monday	Tuesday	Wednesday	Thursday	Friday	
Week One	Option 1	Tomato & Vegetable Pasta	Beef Burger in a Bun with Potato Wedges	Roast Beef, Roast Potatoes & Gravy	Chicken Curry with Rice	Breaded Fish with Chips & Tomato Sauce	
	05/09/22	Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice	Vegetable Wellington with Roast Potatoes & Gravy	Broccoli & Cheese Pasta Bake	Vegan Mexican Roll with Chips & Tomato Sauce
	26/09/22	Vegetables	Cucumber Rainbow Slaw	Sweetcorn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	17/10/22	Dessert	Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily							

Week Two	Option 1	Macaroni Cheese	Spaghetti Bolognese	Roast Chicken, Roast Potatoes, Stuffing & Gravy	BBQ Chicken Pizza	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce	
	12/09/22	Option 2	Vegetable Curry with Rice	Vegan Spaghetti Bolognese	Roast Quorn, Roast Potatoes, Stuffing, & Gravy	Vegan Burger in a Bun with Wedges & Tomato Sauce	Cheese & Bean Pasty with Chips
	03/10/22	Vegetables	Sweetcorn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweetcorn	Peas Baked Beans
	Dessert	Apple & Berry Crumble with Ice Cream	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie with Chocolate Sauce	Apple, Cheese & Crackers	
Or a choice of Yoghurt & Fresh Fruit available daily							

Week Three	Option 1	Cheese & Tomato Pizza	Beef Lasagne with Garlic Bread	Roast Turkey, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce	
	19/09/22	Option 2	Falafel with Lemon & Herb Couscous	Vegetable Enchiladas with Rice	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy	Vegan Sausage Hot Dog with Potato Wedges	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	10/10/22	Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweetcorn	Carrot Broccoli	Sweetcorn Tomato Salsa	Peas Baked Beans
	Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins	Fresh Fruit & Yoghurt Station	Pineapple Loaf with Custard	Chocolate Shortbread	
Or a choice of Yoghurt & Fresh Fruit available daily							

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION: If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.