








# Windale Winter Menu 2022/23

-  Added Plant Power
-  Vegan
-  Wholemeal

## Week One

31/10/22  
21/11/22  
12/12/22  
16/1/23  
6/2/23










	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheesy Swirl with New Potatoes	Chicken Korma with Rice  	Roast of the Day with Stuffing, Roast Potatoes and Gravy	<b>Build a Burger Day</b> A choice of Burger (meat, veggie or vegan) with toppings and Potato Wedges 	Fishfingers/ Salmon Fishfingers with Chips
Option 2	Tomato Pasta	Aubergine and Potato Curry with Rice  	Crunchy Top Veg Bake with Roast Potatoes		Cheese Omelette with Chips
Option 3	Served with a choice of fillings	Served with a choice of fillings	Served with a choice of fillings	Served with a choice of fillings	Served with a choice of fillings
Option 4	Cheese & Cucumber Sandwich, Carrot Sticks, Fruit and Cake of the Day	Ham Roll, Carrot Sticks, Fruit and Cake of the Day	Tuna & Mayo Sandwich, Cucumber Sticks, Fruit and Cake of the Day	Egg Roll, Carrot Sticks, Fruit and Cake of the Day	Cheese Sandwich, Cucumber Sticks, Fruit and Cake of the Day
Vegetables	Cauliflower Green Beans	Peas Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
Dessert	Pear and Chocolate Crumble with Custard 	Yoghurt & Raisin Cake	Fresh Fruit and Yoghurt Station	Seasonal Root Cake	Vanilla Shortbread 
Or a choice of Yoghurt & Fresh Fruit available daily					

### Available Daily:

- Bread freshly baked on site daily
- Daily salad selection

## Week Two

7/11/22  
28/11/22  
2/1/23  
23/1/23

Option 1	<b>Mac and Cheese Station</b> 	Cajun Chicken with Rice 	Sausage, Onions and Gravy with Roast Potatoes	Spaghetti Bolognese with Garlic Bread 	Fishfingers with Chips
Option 2	A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Chickpea and Apricot Tagine with Couscous 	Cauliflower and Broccoli Cheese with Roast Potatoes	Vegetable Fajitas with Rice 	Mexican Roll with Chips 
Jacket Potato	Served with a choice of fillings	Served with a choice of fillings	Served with a choice of fillings	Served with a choice of fillings	Served with a choice of fillings
Cold Option	Cheese & Cucumber Sandwich, Carrot Sticks, Fruit and Cake of the Day	Ham Roll, Carrot Sticks, Fruit and Cake of the Day	Tuna & Mayo Sandwich, Cucumber Sticks, Fruit and Cake of the Day	Egg Roll, Carrot Sticks, Fruit and Cake of the Day	Cheese Sandwich, Cucumber Sticks, Fruit and Cake of the Day
Vegetables	Peas Carrots 	Broccoli Sweetcorn	Carrots Brussel Sprouts	Green Beans Roasted Butternut Squash	Peas Baked Beans
Dessert	Jelly with Mandarins 	Chocolate Drizzle Cake	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard	Oaty Cookie 
Or a choice of Yoghurt & Fresh Fruit available daily					

**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.

## Week Three

14/11/22  
5/12/22  
9/1/23  
30/1/23

Option 1	Cheese and Tomato Pizza 	Sausage Roll with Potato Wedges 	<b>Quirky Bird</b> A choice of flavoured Chicken or vegan Quorn, With Potato Wedges or Jollof Rice and Salads 	Sticky Chicken Noodles 	Fishfingers with Chips
Option 2	Veggie Chilli with Rice 	Veggie Sausage with Potato Wedges 		Chinese Vegetable Curry with Rice 	Cheese Quiche with Chips
Jacket Potato	Served with a choice of fillings	Served with a choice of fillings	Served with a choice of fillings	Served with a choice of fillings	Served with a choice of fillings
Cold Option	Cheese & Cucumber Sandwich, Carrot Sticks, Fruit and Cake of the Day	Ham Roll, Carrot Sticks, Fruit and Cake of the Day	Tuna & Mayo Sandwich, Cucumber Sticks, Fruit and Cake of the Day	Egg Roll, Carrot Sticks, Fruit and Cake of the Day	Cheese Sandwich, Cucumber Sticks, Fruit and Cake of the Day
Vegetables	Green Beans Carrots	Baked Beans Sweetcorn	Cauliflower Peas	Broccoli Carrots	Mushy Peas Baked Beans
Dessert	Marble Cake	Chocolate Cookie 	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard	Apple, Cheese and Crackers
Or a choice of Yoghurt & Fresh Fruit available daily					

- Added Plant Power
- Vegan
- Wholemeal

## Week One

31/10/22  
21/11/22  
12/12/22  
16/1/23  
6/2/23

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheesy Swirl with New Potatoes	Chicken Korma with Rice	Roast of the Day with Stuffing, Roast Potatoes and Gravy	<b>Build a Burger Day</b> A choice of Burger (meat, veggie or vegan) with toppings and Potato Wedges	Fishfingers/ Salmon Fishfingers with Chips
Option 2	Tomato Pasta	Aubergine and Potato Curry with Rice	Crunchy Top Veg Bake with Roast Potatoes		Cheese Omelette with Chips
Jacket Potato	Served with a choice of fillings #V85 #F17 #SD22	Served with a choice of fillings #V85 #F17 #SD22	Served with a choice of fillings #V85 #F17 #SD22	Served with a choice of fillings #V85 #F17 #SD22	Served with a choice of fillings #V85 #F17 #SD22
Cold Option	Cheese & Cucumber Sandwich, Carrot Sticks, Fruit and Cake of the Day #V85 #P13 #P11 #PL3 #PL4	Ham Roll, Carrot Sticks, Fruit and Cake of the Day #P8 #P20 #P13	Tuna & Mayo Sandwich, Cucumber Sticks, Fruit and Cake of the Day #F17 #PL3 #PL4 #PL32	Egg Roll, Carrot Sticks, Fruit and Cake of the Day #V57 #PL7 #P13	Cheese Sandwich, Cucumber Sticks, Fruit and Cake of the Day #V85 #PL3 #PL4 #PL32
Vegetables	Cauliflower Green Beans	Peas Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
Dessert	Pear and Chocolate Crumble with Custard	Yoghurt & Raisin Cake	Fresh Fruit and Yoghurt Station	Seasonal Roof Cake	Vanilla Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily					

## Week Two

7/11/22  
28/11/22  
2/1/23  
23/1/23

Option 1	<b>Mac and Cheese Station</b>	Cajun Chicken with Rice	Sausage, Onions and Gravy with Roast Potatoes	Spaghetti Bolognese with Garlic Bread	Fishfingers with Chips
Option 2	A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Chickpea and Apricot Tagine with Couscous	Cauliflower and Broccoli Cheese with Roast Potatoes	Vegetable Fajitas with Rice	Mexican Roll with Chips
Jacket Potato	Served with a choice of fillings #V85 #F17 #SD22	Served with a choice of fillings #V85 #F17 #SD22	Served with a choice of fillings #V85 #F17 #SD22	Served with a choice of fillings #V85 #F17 #SD22	Served with a choice of fillings #V85 #F17 #SD22
Cold Option	Cheese & Cucumber Sandwich, Carrot Sticks, Fruit and Cake of the Day #V85 #P13 #P11 #PL3 #PL4	Ham Roll, Carrot Sticks, Fruit and Cake of the Day #P8 #P20 #P13	Tuna & Mayo Sandwich, Cucumber Sticks, Fruit and Cake of the Day #F17 #PL3 #PL4 #PL32	Egg Roll, Carrot Sticks, Fruit and Cake of the Day #V57 #PL7 #P13	Cheese Sandwich, Cucumber Sticks, Fruit and Cake of the Day #V85 #PL3 #PL4 #PL32
Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Brussel Sprouts	Green Beans Roasted Butternut Squash	Peas Baked Beans
Dessert	Jelly with Mandarins	Chocolate Drizzle Cake	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard	Oaty Cookie
Or a choice of Yoghurt & Fresh Fruit available daily					

## Week Three

14/11/22  
5/12/22  
9/1/23  
30/1/23

Option 1	Cheese and Tomato Pizza	Sausage Roll with Potato Wedges	<b>Quirky Bird</b> A choice of flavoured Chicken or vegan Quorn, With Potato Wedges or Jollof Rice and Salads	Sticky Chicken Noodles	Fishfingers with Chips
Option 2	Veggie Chili with Rice	Veggie Sausage with Potato Wedges		Chinese Vegetable Curry with Rice	Cheese Quiche with Chips
Jacket Potato	Served with a choice of fillings #V85 #F17 #SD22	Served with a choice of fillings #V85 #F17 #SD22	Served with a choice of fillings #V85 #F17 #SD22	Served with a choice of fillings #V85 #F17 #SD22	Served with a choice of fillings #V85 #F17 #SD22
Cold Option	Cheese & Cucumber Sandwich, Carrot Sticks, Fruit and Cake of the Day #V85 #P13 #P11 #PL3 #PL4	Ham Roll, Carrot Sticks, Fruit and Cake of the Day #P8 #P20 #P13	Tuna & Mayo Sandwich, Cucumber Sticks, Fruit and Cake of the Day #F17 #PL3 #PL4 #PL32	Egg Roll, Carrot Sticks, Fruit and Cake of the Day #V57 #PL7 #P13	Cheese Sandwich, Cucumber Sticks, Fruit and Cake of the Day #V85 #PL3 #PL4 #PL32
Vegetables	Green Beans Carrots	Baked Beans Sweetcorn	Cauliflower Peas	Broccoli Carrots	Mushy Peas Baked Beans
Dessert	Marble Cake	Chocolate Cookie	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard	Apple, Cheese and Crackers
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.