# **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**

**W**Homemade Macaroni Cheese

Vegetarian Sausage Roll baked diced potatoes and beans

Strawberry Ice Cream Roll

#### **Tuesday**

V Cooks choice curry served with 50/50 rice

V Baked fishcake, baked potato waffles, Peas and sweetcorn

Fresh Fruit Segments or yoghurt

#### Wednesday



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

V Hot Tuna Panini served with Coleslaw, sweetcorn and salad

Homemade Blueberry Cake

#### Thursday

V Cooks choice Homemade Lasagne or Pasta Bake served with seasonal vegetables

Homemade Cheese Flan served with baked jacket wedges sweetcorn and salad

V Jelly and Fruit

#### **Friday**

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

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



Homemade Shortbread Biscuit

# **Week Two**

#### **Meat Free Monday**

Margarita Pizza served with baked jacket wedges and sweetcorn

Baked Falafel with Couscous And salad

Raspberry Ripple Ice Cream Roll

#### **Tuesday**

V Chilli Beef served with 50/50 rice

V Hot Ham and Cheese Panini, Fresh salad, coleslaw

> Fresh Fruit Salad or Yoghurt

#### Wednesday

V Spaghetti Bolognese Served with mixed vegetables

Spicy Quorn served with savoury rice and mixed vegetables

V Jelly and Fruit

### Thursday

V Chicken curry and rice

V Selection of filled wraps

Cooks choice Homemade Carrot Cake or Banana and Oat Cake

#### Friday

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

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

Homemade cooks choice Biscuit

## Week Three

#### **Meat Free Monday**

Momemade Tomato and Mascarpone Pasta Bake served with seasonal vegetables

Quorn nuggets with baked herby diced potatoes, and sweetcorn

Chocolate Ice Cream Roll

#### Tuesday

V Homemade Cajun Chicken in a bun, Baked wedged potatoes, coleslaw and sweetcorn

Vegetarian Burger in a bun

Baked wedged potatoes, coleslaw and sweetcorn

Fresh Fruit Segments or Yoghurt

#### Wednesday

V Chicken Tikka Masala served with 50/50 rice

V Baguette pizza served with fresh salad and coleslaw

Apple Crumble and custard

#### Thursday

V Pork Meatballs in homemade tomato and basil sauce served with wholemeal pasta and garden peas
Or
All Day Breakfast

Twice Baked Jacket Potatoes with ham and cheese Served with baked beans

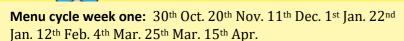
V Jelly and Fruit

#### Friday

V Crumb coated chicken
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 Biscuit or Cookie



**Menu cycle week two:**  $6^{th}$  Nov.  $27^{th}$  Nov.  $18^{th}$  Dec.  $8^{th}$  Jan.  $29^{th}$  Jan.  $19^{th}$  Feb.  $11^{th}$  mar.  $1^{st}$  Apr.  $22^{nd}$  Apr.

Menu cycle week three:  $13^{th}$  Nov.  $4^{th}$  Dec.  $15^{th}$  Jan.  $5^{th}$  Feb.  $26^{th}$  Feb.  $18^{th}$  Mar.  $8^{th}$  Apr.  $29^{th}$  Apr.

#### School Menu Autumn/Winter 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

