

Menu for Terms 3&4 2022-23

Week one menu for weeks beginning					2 nd Jan	16 th Jan	30 th Jan	20 th Feb	6 th March	20 th March
Monday	Tuesday	Wednesday	Thursday	Friday	Spaghetti and meatballs in a tomato and vegetable sauce	Chicken and sweetcorn pasta bake with green beans	Roast beef and Yorkshire pudding dinner	Beef burger in a bun with chips and salad	Sausage and mash with peas and gravy	
Veggie meatballs	Pasta with tomato sauce	Quorn roast dinner	Veggie burger	Veggie sausage and mash	Lamb and vegetable curry with rice	Tomato and lentil soup with a cheese baguette	Vegetable stir fry with egg noodles	Creamy fish and vegetable pie with chips	Cheese and tomato panini with cucumber and crisps	
Chocolate orange cookie	Strawberry whip	Choc ice	Fruit or yogurt	Pineapple upside down cake						
Week two menu for weeks beginning					9 th Jan	23 rd Jan	6 th Feb	27 th Feb	13 th March	27 th March
Monday	Tuesday	Wednesday	Thursday	Friday	Creamy tomato and bacon pasta with sweetcorn	Sweet and mild chicken tikka with rice	Roast gammon dinner	Chicken nuggets with chips and beans	Fish goujons with herby diced potatoes and green beans	
Cheese and tomato pasta bake	Chicken with rice and peas	Quorn sausage dinner	Veggie nuggets	Cheese and onion pastry puff	Salmon fishcakes with potato wedges	Jacket potato with beans and cheese	Bbq chicken wrap with salad and crisps	Cottage pie with with seasonal vegetables	Pasta with a sweet tomato and pepper sauce and a sprinkle of cheese	
Cocoa cupcakes	Cherry flapjack	Choc ice	Fruit or yogurt	Lemon sponge cake						

**Children with special dietary requirements may order any option.
Seasonal vegetables, salad and bread, fruit and yogurt are available every day.**