



MENU

Food. Health. Earth. **AUTUMN/WINTER 2022/23**

FREE

for every Gastronomist in Reception and Years 1 and 2! (worth £460 per school year)

OR

ONLY

£2.60



Outstanding quality prepared by award winning Chefs



Reduced sugar and salt recipes



Unlimited freshly baked bread and vegetables, crudites or salad bar every day

WEEK 1

Week starting: 31 Oct
21 Nov | 12 Dec | 16 Jan
6 Feb | 6 Mar | 27 Mar

MONDAY

Margherita pizza with herby potatoes and coleslaw Y

Veggie bean taco with herby potatoes and coleslaw Y

DESSERT: Fruit salad* Y

TUESDAY

Chicken katsu curry with white rice and broccoli

Cheese and potato pie with baked beans Y

DESSERT: Chocolate crunch and custard Y

WEDNESDAY

Roast British chicken with roast potatoes, carrots and gravy

Vegan sausage with roast potatoes, carrots and gravy Y

DESSERT: Yoghurt selection Y

THURSDAY

Beef Bolognese with wholemeal pasta and sweetcorn

Oriental tofu stir fry with noodles and green beans Y

DESSERT: Apple crumble and custard* Y

FRIDAY

Breaded Pollock with oven baked chips and baked beans

Falafel burger and tomato salsa with oven baked chips and peas Y

DESSERT: Vanilla ice cream Y

Y Suitable for Vegetarians.

*Desserts highlighted with an asterisk contain a minimum of 50% fruit. Fruit or yoghurt is available daily as an alternative to the advertised pudding. Please check with the school as the menus may be changed to meet the needs of the school.



Twelve 15 are supporting Healthy Schools in Surrey

WEEK 2

Week starting: 7 Nov
28 Nov | 2 Jan | 23 Jan
20 Feb | 13 Mar

MONDAY

Mac 'n' cheese with herby potatoes and mixed salad Y

Veggie burrito with herby potatoes and mixed salad Y

DESSERT: Oaty apple muffin with fresh apple slices* Y

TUESDAY

Jerk chicken with rice and peas

Tomato and basil gnocchi with garlic bread and sweetcorn Y

DESSERT: Chocolate brownie Y

WEDNESDAY

Roast British chicken with Yorkshire pudding, roast potatoes, broccoli and gravy

Vegan Cumberland sausage with roast potatoes, carrots and gravy Y

DESSERT: Fruit salad* Y

THURSDAY

Pork and carrot meatballs in tomato sauce with wholemeal pasta and green beans

Sweet potato and jackfruit curry with white rice and cauliflower Y

DESSERT: Yoghurt selection Y

FRIDAY

Pollock fish fingers with oven baked chips and baked beans

Vegetable fingers with oven baked chips and baked peas Y

DESSERT: Chocolate and orange shortbread Y

WEEK 3

Week starting: 14 Nov
5 Dec | 9 Jan | 30 Jan
27 Feb | 20 Mar

MONDAY

Shepherdless pie with peas Y

Cheese and broccoli quiche with freshly baked bread and carrots Y

DESSERT: Lemon drizzle cake Y

TUESDAY

Cumberland pork sausages with mashed potato and green beans

Mediterranean vegetable pasta bake with sweetcorn Y

DESSERT: Jaffa cake pots* Y

WEDNESDAY

Roast British chicken with sage and onion stuffing, roast potatoes, winter greens and gravy

Quorn fillet with sage and onion stuffing, roast potatoes, winter greens and gravy Y

DESSERT: Yoghurt selection Y

THURSDAY

Beef fajita pasta with broccoli

Veggie Moroccan meatballs with wholemeal pasta and carrots Y

DESSERT: Fruit salad* Y

FRIDAY

Breaded Pollock fillet with oven baked chips and peas

Vegan nuggets with oven baked chips and baked beans Y

DESSERT: Chocolate and pear sponge Y

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