



Menu September - October 2022

		Week One	Week Two	Week Three
		05 Sept, 26 Sept, 17 Oct	12 Sept, 03 Oct,	19 Sept, 10 Oct
Monday	Option 1	Cheese & Tomato Pinwheel	Cheesy Pasta	Pitta Pizza
	Option 2	Tuna & Sweetcorn Pasta Bake	Tomato Pasta	Roasted Vegetable Pasta Bake
	served with	Wedges Peas & Sweetcorn	Chunk of Bread Mixed Vegetable & Sweetcorn	Pasta Peas & Sweetcorn
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
Dessert	Ice Cream Pot Fresh Fruit/Jelly/Oaty Apple Bar	Raspberry Ripple Mousse Fresh Fruit/Jelly/Oaty Apple Bar	Ice Cream Pot Fresh Fruit/Jelly/Oaty Apple Bar	
Tuesday	Option 1	Lasagne	Chicken & Sweetcorn with a Pastry Top	Sausage Roll
	Option 2	Pasta Provencale	Cheesy Topped Leek & Potato Pie	Veggie Sausage Roll
	served with	Garlic Bread Mixed Salad	New Potatoes Carrots & Green Beans	1/2 Jacket Potato Baked Beans & Cucumber Sticks
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
Dessert	Krispie Cake Fresh Fruit/Jelly/Oaty Apple Bar	Chocolate Brownie Fresh Fruit/Jelly/Oaty Apple Bar	Vanilla Shortbread Fresh Fruit/Jelly/Oaty Apple Bar	
Wednesday	Option 1	Roast Turkey with Stuffing & Gravy	Roast Pork & Gravy	Roast Gammon & Gravy
	Option 2	Roasted Vegetable & Potato Bake	Mustardy Veggie Sausage Bake	Cauliflower & Broccoli Bake
	served with	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	Roast Potatoes Local Seasonal Vegetables & Cooks Choice	Roast Potatoes Local Seasonal Vegetables & Cooks Choice
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
Dessert	Cookie Fresh Fruit/Jelly/Oaty Apple Bar	Cookie Fresh Fruit/Jelly/Oaty Apple Bar	Cookie Fresh Fruit/Jelly/Oaty Apple Bar	
Thursday	Option 1	Baked Sausages	Burger in a Bun	Spaghetti Bolognese
	Option 2	Veggie Sausages	Spicy Bean burger	Veggie Bolognese
	served with	Creamed Potatoes Baked Bean & Sweetcorn	Pasta Cucumber & Carrot Sticks	Garlic Flatbread Mixed Vegetables & Broccoli
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
Dessert	Chocolate Sponge (& Choc Sauce) Fresh Fruit/Jelly/Oaty Apple Bar	Swirly Jam Sponge (& Custard) Fresh Fruit/Jelly/Oaty Apple Bar	Marble Sponge (& Custard) Fresh Fruit/Jelly/Oaty Apple Bar	
Friday	Option 1	Fish Fingers	Breaded/Battered Fish	Fish Fingers
	Option 2	Veggie Nuggets	Curried Veggie Pasty	Veggie Nuggets
	served with	Chips/Pasta Peas & Salad Sticks	Chips/Pasta Baked Beans & Peas	Chips/Pasta Baked Beans & Sweetcorn
	Option 3	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
Dessert	Cooks Choice of Dessert Fresh Fruit/Jelly/Oaty Apple Bar	Cooks Choice of Dessert Fresh Fruit/Jelly/Oaty Apple Bar	Cooks Choice of Dessert Fresh Fruit/Jelly/Oaty Apple Bar	
Suitable for Vegetarians Suitable for Vegans & Vegetarians Contains Fish		All items are subject to availability Bread, Salad and fresh drinking water are available with every meal www.wholeschoolmeals.co.uk		