# **SCHOOL MEALS**

Available daily as an alternative: - Filled jacket potatoes and a selection of sandwiches served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, fruit yoghurt, soreen and cheese & biscuits Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.





## Week One

#### Monday

Homemade Macaroni Cheese Or Vegetarian Sausage Roll, served with savoury

potatoes, baked beans or garden peas. Or

Filled Jacket Potato Served with fresh crisp salad

Vanilla Ice Cream

#### Tuesday

V Roast Gammon served with creamed & roast potatoes, seasonal fresh carrots and broccoli and gravy Or Filled Jacket Potato

Served with fresh crisp salad

Yoghurt, Melon or Fruit Salad

#### Wednesday

rk Sausage with creamed potatoes, gravy served with seasonal fresh carrots and peas. Or **Second Second Second** 

Served with fresh crisp salad

#### Homemade Steamed Sponge and Custard

#### Thursday

 V Homemade Pasta Bolognaise Or
V Cajun Chicken served with tomato penne and fresh carrots and broccoli Or

> Filled Jacket Potato Served with fresh crisp salad

> > V Jelly and Fruit

#### Friday

V Oven baked fish Stars served with chunky chipped potatoes, garden peas or baked beans. Or

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

## Week Two

#### Monday

 Margarita Pizza served with herby diced potatoes and sweetcorn. Or
Tomato and Mascarpone Pasta Bake Or

> Filled Jacket Potato Served with fresh crisp salad

> > Vanilla Ice Cream

#### **Tuesday**

V Roast Chicken with sage and onion stuffing roast & creamed potatoes, seasonal fresh carrots and broccoli and gravy Or Filled Jacket Potato

Served with fresh crisp salad

Yoghurt, Melon or Fruit Salad

#### Wednesday

V Homemade Chicken Curry served with 50/50 rice Or Filled Jacket Potato Served with fresh crisp salad

Fruit Crumble and Custard

#### Thursday

Pork Sausage in a fingerbun served with Carrot and Cucumber Sticks Or Served with fresh crisp salad

V Jelly and Fruit

#### Friday

 V Oven baked Battered Salmon served with chunky chipped potatoes, garden peas or baked beans Or
V Red Tractor Chicken Poppers served with chunky chipped potatoes, garden peas or baked beans Or

## Filled Jacket Potato

V Homemade Cookie

# Week Three

Monday

 Homemade Tomato Pasta Bake served with seasonal vegetables Or
Vegetarian Sausage Roll, served with savoury potatoes, baked beans or garden peas Or

Filled Jacket Potato Served with fresh crisp salad

Homemade Rice Pudding or Vanilla ice cream

#### Tuesday

V Roast Gammon served with roast & creamed potatoes, seasonal fresh carrot and broccoli
Or
W Homemade Cheese and Potato Pie

Filled Jacket Potato Served with fresh crisp salad

Yoghurt, Melon or Fruit Salad

#### Wednesday

V Chicken Tikka Masala served with 50/50 rice Or Filled Jacket Potato

Served with fresh crisp salad

Homemade Steamed Sponge and Custard

#### Thursday

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

Filled Jacket Potato Served with fresh crisp salad

V Jelly and Fruit

#### Friday

V Seasoned chicken fillet served with chunky chipped potatoes, garden peas or baked beans Or

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

Or Filled Jacket Potato

Filled Jacket Potato Served with fresh crisp salad

V Homemade Shortbread Biscuit

Served with fresh crisp salad

V Chocolate cake with Orange

Menu cycle week one: 27 Sept, 18 Oct, 8 Nov, 29 Nov, 20 Dec, 10 Jan, 31 Jan, 21 Feb, 14 Mar, 7 Apr Menu cycle week two 13 Sept, 4 Oct, 25 Oct, Nov, 6 Dec, 27 Dec, 17 Jan, 7 Feb, 28 Feb, 21 Mar, 14 Apr Menu cycle week three: 20 Sept, 11 Oct, 1 Nov, 22 Nov, 13 Dec, 3 Jan, 14 Feb, 7 Mar, 28 Mar, 21 Apr

### School Menu Autumn/Winter 2021

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

