

Spring Term 2023: Week 1



Week Commencing: 02/01/2023, 23/01/2023, 22/02/2023, 13/03/2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pasta of the day Served with tomato sauce and cheese Dairy free cheese available	Chicken sausages served with mash potato and onion gravy Vegan sausage available	Beef Bolognaise served with spaghetti Gluten Free Spaghetti available	Chicken korma served with yellow rice and pitta bread Dairy free chicken korma available	Breaded fish fingers served with chips. Gluten Free Fish fingers available
Vegetarian	Macaroni Cheese served with homemade bread	Vegetable sausage Served with mash potato and onion gravy	Vegan Mince Quorn served with spaghetti	Served with yellow rice and pitta bread	Vegetable fingers with chips.
Side	Sweetcorn and carrot Salad available	Steamed peas Salad available	Broccoli and cauliflower Salad available	Steamed green beans Salad available	Baked beans. Salad available
Dessert	Fresh Yoghurt Fresh fruit, Dairy free yoghurt available	Vanilla sponge and custard. Fresh fruit Gluten free sponge available	Mix yoghurt Fresh fruit Dairy free yoghurt available	Vanilla rice pudding Fresh fruit Dairy free option available	Strawberry jelly Fresh fruit

Spring Term 2023: Week 2



Week Commencing: 09/01/2023, 30/01/2023, 27/02/2023, 20/03/2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Seasoned Fried Rice and vegetables	Hot dog sausage in a bread served with potato wedges. Gluten free bun available	Chicken fajita served with tortilla bread Gluten Free tortilla bread available	Beef shepherds pie served with garlic bread Gluten free garlic bread is available	Breaded fish of the day served with chips Gluten Free fish is available
Vegetarian	Seasoned Fried Rice and vegetables	Vegetarian burger in a bun potato wedges	Fresh mixed vegetable fajita in tortilla bread	Vegan Quorn pie served with vegan garlic bread	Vegetable fingers Served with chips
Side	Sweetcorn Salad available	Carrot Salad available	Broccoli Salad available	Peas Salad available	Baked beans Salad available
Dessert	Mix Yoghurt Fresh fruit Dairy free yoghurt available	Mini Jam doughnuts Fresh fruit	Raspberry jelly Fresh fruit Gluten free option available	Mix Yoghurt Fresh fruit Dairy free available	Chocolate sponge & chocolate custard Fresh fruit Dairy free available

Spring Term 2023: Week 3



Week Commencing: 16/01/2023,06/02/2023,06/03/2023,27/03/2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese & Tomato Pizza	Beef tajine served with couscous Gluten free couscous is available	Chicken thigh in BBQ sauce served with steamed rice Vegan option available	Mince Beef lasagne served with garlic bread Gluten free option available	Fish cake served with chips. Gluten free option available
Vegetarian	Gluten free pizza	Mix vegetable tajine & couscous	Vegetable tofu Biryani	Vegan mince Lasagne Steamed potato	Homemade vegetable pasty with chips
Side	Corn on the cob Salad of the day	Steamed peas Salad of the day	Broccoli, green beans Salad of the day	Steamed mixed cabbage Salad of the day	Baked beans
Dessert	Mix Yoghurt Fresh fruit Dairy free option available	Blueberry muffin Fresh fruit Gluten free sponge available	Apple and raisin crumble & vanilla custard Fresh fruit	Mix yoghurt Fresh fruit Dairy free option available	Banana sponge & vanilla custard Fresh fruit Dairy free available