



YOUR MENU @

**ELLEN WILKINSON
PRIMARY SCHOOL**

----- Autumn - Winter 2022 / 2023 -----

| WEEK 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------|
| First Choice | Meatball Marinara in a Sub Roll with Coleslaw <small>ND</small> | Lamb & Lentil Lasagne with Garlic Bread <small>ND</small> | Roast Beef & Stuffing with Roast Potatoes | Greek Style Souvlaki Chicken with Rice | Fish Fingers with Chips |
| Second Choice | Quorn Frankfurter Hot Dog with Wedges <small>V</small> | Chicken Curry with Rice | BBQ Chicken in Folded Flatbread | Cheese & Tomato Pizza with Wedges <small>V</small> | Veggie Burrito with Chips <small>V</small> |
| Vegetarian Choice | Vegetarian Mixed Bean & Pasta Bake <small>PB</small> | Vegetarian Koftas in Flatbread with Salad <small>V</small> | Autumn Vegetable Tart with Roast Potatoes <small>V</small> | Vegetable & Chickpea Curry with Rice <small>PB</small> | Veggie Dippers with Chips <small>PB</small> |
| Vegetable Selection | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Garden Peas Baked Beans |
| Dessert of the Day | Peach Crumble with Custard <small>SS</small> | Banana & Date Flapjack <small>SS</small> | Cinnamon Rice Pudding <small>SS</small> | Frozen Yogurt with Fruit | Fruit & Jelly with Ice Cream |

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 1

31 Oct, 21 Nov, 12 Dec, 2 Jan, 23 Jan, 20 Feb, 13 Mar

MEAT SERVED AT THIS SCHOOL IS HALAL & non-HALAL

KEY: V - Vegetarian PB - Plant Based SS - Sugar Smart
ND - New Dish FGR - In association with Forest Green Rovers

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AND DISCOVER



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| WEEK 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---------------------------------------------|------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------|
| First Choice | Chicken Sausages with Mashed Potatoes | Chicken & Vegetable Jollof Rice | Roast Chicken & Yorkshire Pudding with Roast Potatoes | Moroccan Chicken Bake ND | Fish in Batter with Jacket Wedges |
| Second Choice | Piri Piri Chicken Pasta Bake | Jacket Potato with Cheese & Beans or Tuna Mayo | Spinach & Feta Whirl with Roast Potatoes V | Ratatouille Ravioli PB | Mexican Chicken Burrito with Wedges |
| Vegetarian Choice | Thai Style Veggie Rice Bowl PB | Sweet Potato Macaroni Cheese V | Vegan Burger in a Bun with Salad FGR PB | Vegetarian Tagine with Couscous PB | Vegetarian Sausage Roll with Wedges V |
| Vegetable Selection | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Garden Peas Baked Beans |
| Dessert of the Day | Raspberry Ice Cream Sponge Roll | Marble Cake & Custard SS | Mandarin Cheesecake | Lemon & Courgette Cake with Custard SS | Waffles with Fruit & Ice Cream |

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 2

7 Nov, 28 Nov, 19 Dec, 9 Jan, 30 Jan, 27 Feb, 20 Mar

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| WEEK 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------------------------|
| First Choice | Chicken Burger in a Bun with Jacket Wedges | Spaghetti Bolognese with Garlic Bread | Roast Turkey with Yorkshire Pudding & Roast Potatoes | Chicken & Vegetable Pie with Mashed Potatoes | Fish Fingers with Jacket Wedges |
| Second Choice | Lamb & Lentil Keema with Raita & Naan Bread | Fish Biryani | Red Pepper Frittata with Roast Potatoes V | Falafel & Houmous Wrap PB | Tandoori Chicken in Naan Bread with Salad |
| Vegetarian Choice | Mixed Bean Quesadilla PB | Vegetable Samosa with Rice & Dhal PB | Veggie "Toad in the Hole" with Roast Potatoes V | Red Lentil Pasta Bake V | Quorn Pattie Muffin with Jacket Wedges ND V |
| Vegetable Selection | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Garden Peas Baked Beans |
| Dessert of the Day | Frozen Yoghurt with Fruit | Banana & Honey Slice ND SS | Apple Crumble with Ice Cream SS | Sticky Orange Sponge with Custard SS | Strawberry Mousse |

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 3

14 Nov, 5 Dec, 16 Jan, 6 Feb, 6 Mar, 27 Mar

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