

## MUNCH TIME MENU AUTUMN TERM 2022 -1<sup>st</sup> Half

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1		5 <sup>th</sup> Sept, 26 <sup>th</sup> Sept, 17 <sup>th</sup> Oct,	6 <sup>th</sup> Sept, 27 <sup>th</sup> Sept, 18 <sup>th</sup> Oct,	7 <sup>th</sup> Sept, 28 <sup>th</sup> Sept, 19 <sup>th</sup> Oct,	8 <sup>th</sup> Sept, 29 <sup>th</sup> Sept, 20 <sup>th</sup> Oct,	9 <sup>th</sup> Sept, 30 <sup>th</sup> Sept, 21 <sup>st</sup> Oct,
	MUNCH MEAL	Sweet & Sour Chicken Bites	Pepperoni Pizza	Spaghetti Bolognese	Roast Pork Loin	Oven baked Fish or Bacon Roll
	VEGGIE MUNCH	Sweet & Sour Quorn	Cheese & Tomato Pizza	Quorn Spaghetti Bolognese	Cheese wheel	Jacket Potato with filling
	SIDES	Noodles	Pasta Peas	Garlic bread	Roast Potatoes Carrots and Broccoli Stuffing Balls	Chips Baked Beans
	MUNCHBOX	Roll with choice of filling	Wrap with choice of filling	Sandwich with choice of filling	Wrap with choice of filling	Roll with choice of filling
	PUDDING	Homemade Ginger Shortbread	Chocolate Ices	Carrot cake	Raspberry Ice Smoothie	Cookies
WEEK 2		12 <sup>th</sup> Sept, 3 <sup>rd</sup> Oct,	13 <sup>th</sup> Sept, 4 <sup>th</sup> Oct,	14 <sup>th</sup> Sept, 5 <sup>th</sup> Oct,	15 <sup>th</sup> Sept, 6 <sup>th</sup> Oct,	16 <sup>th</sup> Sept, 7 <sup>th</sup> Oct,
	MUNCH MEAL	Fish cakes	Chicken Fillet Bites	Chicken Korma Curry	Oven baked pork sausage	Beef Burger in a bap or Bacon in a bap
	VEGGIE MUNCH	Homemade Macaroni Cheese	Vegetable nuggets	Jacket Potato with filling	Quorn sausage	Quorn Burger in a bap
	SIDES	Mash Potato Spaghetti hoops	Potato wedges Baked beans	Rice Naan Bread Peas	Roast potatoes Carrots and Green beans Yorkshire pudding	Hash Browns Puffs Peas
	MUNCHBOX	Roll with choice of filling	Wrap with choice of filling	Sandwich with choice of filling	Wrap with choice of filling	Roll with choice of filling
	PUDDING	Madeleine Sponge	Ice lollies	Homemade Chocolate Cracknel	Iced sultana sponge	Cookies
WEEK 3		19 <sup>th</sup> Sept, 10 <sup>th</sup> Oct,	20 <sup>th</sup> Sept, 11 <sup>th</sup> Oct,	21 <sup>st</sup> Sept, 12 <sup>th</sup> Oct,	22 <sup>nd</sup> Sept, 13 <sup>th</sup> Oct,	23 <sup>rd</sup> Sept, 14 <sup>th</sup> Oct,
	MUNCH MEAL	Fish fingers	Tomato & basil Pasta bake	Pork Chipolata Sausages	Roast Chicken	Sausage plait Or Bacon Roll
	VEGGIE MUNCH	Jacket potato with filling	Vegetable Pasta Pot	Quorn Sausage	Vegetable nuggets	Cheese & tomato wheel
	SIDES	Mash Potato Peas	Garlic bread Cheese	Mash Baked Beans	Roast Potatoes Carrots and Cauliflower Stuffing Balls	Crisscross Potato Fries Baked Beans
	MUNCHBOX	Roll with choice of filling	Wrap with choice of filling.	Sandwich with choice of filling	Wrap with choice of filling	Roll with choice of filling
	PUDDING	Scone, jam and cream	Mango Iced Smoothie	Arctic roll	Chocolate cake	Cookies

AVAILABLE EACH DAY: SALAD BAR, FRESH FRUIT, BREAD, YOGHURT, MILK AND WATER.

ALL MEALS PROVIDED WITH THE PUDDING OPTION AND A DRINK.