

MUNCH TIME MENU AUTUMN TERM 2023 – HALF TERM

MENU ONE – 04/09/23, 25/09/23, 16/10/23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Sausage Roll (DF)	Cheese & Tomato Pizza & Pasta (V)	Spaghetti Bolognese (GF,DF)	Roast Pork Loin (GF,DF)	Fish Fillet (DF) or Bacon Roll (GF, DF) and Chips
Second Option	3 Bean Casserole (GF, V)	Sweet & Sour Chicken, Rice, Peas (GF, DF)	Quorn Mince Bolognese (V)	Vegetable Nuggets (V)	Jacket Potato with beans and cheese (V)
Sides	Criss Cross Potatoes and Sweetcorn (DF)	Peas	Garlic Bread (DF, V)	Roast Potatoes, Carrots, Broccoli, Gravy (DF, GF, V)	Baked Beans
Lite Bite	Roll	Wrap	Roll	Wrap	Roll
Pudding	Homemade Apricot Flapjack (GF, DF, V)	Iced Sponge (DF, V)	Cookie (V)	Fruit Smoothie (DF, GF, V)	Choc Ice (V)

MENU TWO – 11/09/23, 02/10/23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Chicken Hot Pot (GF,DF)	Gammon Ham (DF, GF)	Savoury Mince (GF, DF)	Roast Pork Chipolata (GF,DF)	Burger or Bacon in Bap (GF, DF)
Second Option	Macaroni Cheese (V)	Vegetable Nuggets (V)	Tomato & Basil Pasta (V)	Quorn Sausage (V)	Quorn Burger in Bap (V)
Sides		Mash & Baked Beans	Mash & carrots/peas	Roast Potatoes, Carrots, Green Beans, Yorkshire Pudding (V) & Gravy (DF, GF, V)	Hash Brown Puffs (GF, DF, V) & Sweetcorn
Lite Bite	Roll	Wrap	Roll	Wrap	Roll
Pudding	Homemade Ginger Shortbread (DF, V)	Cookie (V)	Homemade Carrot Cake (DF, V)	Ice Cream Swirl (V)	Organic Apple Ice Lolly (GF,DF,V)

MENU THREE – 18/09/23, 09/10/23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Fish Finger with Wedges (DF)	Chicken Fillet Bites (GF,DF)	Thai Green Chicken Curry, Rice, Peas (GF,DF)	Roast Chicken (GF, DF) with Stuffing (DF)	Pork Chipolota (GF, DF)
Second Option	Jacket Potato with Beans & Cheese (GF, V)	Quorn Bites (V)	Cheese Wheel (V)	Luxury Vegetable Burger (GF, V)	Quorn Sausage (V)
Sides	Spaghetti Hoops	Mashed Potato and Baked Beans (DF, GF, V)	Peas	Roast Potatoes, Carrots, Cauliflower & Gravy (GF, DF, V)	Mashed Potato, Baked Beans (GF, DF, V)
Lite Bite	Roll	Wrap	Roll	Wrap	Roll
Pudding	Cookie (V)	Sultana Fawcett (V)	Chocolate cracknell	Arctic Roll (V)	Fruit Smoothie (GF, DF, V)