



MENU

Food. Health. Earth. **AUTUMN/WINTER 2022/23**

FREE

for every Gastronomist in Reception and Years 1 and 2! (worth £460 per school year)

OR

ONLY

£2.60



Outstanding quality prepared by award winning Chefs



Reduced sugar and salt recipes



Unlimited freshly baked bread and vegetables, crudites or salad bar every day

WEEK 1

Week starting: 31 Oct
21 Nov | 12 Dec | 16 Jan
6 Feb | 6 Mar | 27 Mar

MONDAY

Margherita pizza with herby potatoes and coleslaw
Veggie bean taco with herby potatoes and coleslaw
DESSERT: Fruit salad*

TUESDAY

Chicken katsu curry with white rice and broccoli
Cheese and potato pie with baked beans
DESSERT: Chocolate crunch and custard

WEDNESDAY

Roast British gammon with roast potatoes, carrots and gravy
Vegan sausage with roast potatoes, peas and gravy
DESSERT: Yoghurt selection

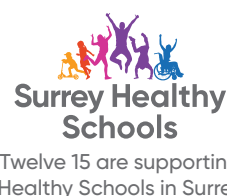
THURSDAY

Beef Bolognese with wholemeal pasta and sweetcorn
Oriental tofu stir fry with noodles and green beans
DESSERT: Apple crumble & custard*

FRIDAY

Salmon and sweet potato fishcake with oven baked chips and baked beans
Falafel burger and tomato salsa with oven baked chips and peas
DESSERT: Vanilla ice cream

✓ Suitable for Vegetarians.
*Desserts highlighted with an asterix contain a minimum of 50% fruit. Fruit or yoghurt is available daily as an alternative to the advertised pudding. Please check with the school as the menus may be changed to meet the needs of the school.



WEEK 2

Week starting: 7 Nov
28 Nov | 2 Jan | 23 Jan
20 Feb | 13 Mar

MONDAY

Mac 'n' cheese with herby potatoes and mixed salad
Veggie burrito with herby potatoes and mixed salad
DESSERT: Oaty apple muffin with fresh apple slices*

TUESDAY

Jerk chicken rice and peas
Tomato and basil gnocchi with garlic bread and sweetcorn
DESSERT: Chocolate brownie

WEDNESDAY

Roast British beef with Yorkshire pudding, roast potatoes, broccoli and gravy
Vegan Cumberland sausage with roast potatoes, carrots and gravy
DESSERT: Fruit salad*

THURSDAY

Pork and carrot meatballs in tomato sauce with wholemeal pasta and green beans
Sweet potato and jackfruit curry with white rice and cauliflower
DESSERT: Yoghurt selection

FRIDAY

Pollock fish fingers with oven baked chips and baked beans
Vegetable fingers with oven baked chips and peas
DESSERT: Chocolate and orange shortbread

WEEK 3

Week starting: 14 Nov
5 Dec | 9 Jan | 30 Jan
27 Feb | 20 Mar

MONDAY

Shepherdless pie with peas
Cheese and broccoli quiche with freshly baked bread and carrots
DESSERT: Lemon drizzle cake

TUESDAY

Cumberland pork sausages with mashed potato and green beans
Mediterranean vegetable pasta bake with sweetcorn
DESSERT: Jaffa cake pots*

WEDNESDAY

Roast British chicken with sage and onion stuffing, roast potatoes, winter greens and gravy
Quorn fillet with sage and onion stuffing, roast potatoes, winter greens and gravy
DESSERT: Yoghurt selection

THURSDAY

Beef fajita pasta with broccoli
Veggie Moroccan meatballs with wholemeal pasta and carrots
DESSERT: Fruit salad*

FRIDAY

Breaded Pollock fillet with oven baked chips and peas
Vegan nuggets with oven baked chips and baked beans
DESSERT: Chocolate & pear sponge

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