# **SCHOOL MEALS**

Available daily as an alternative: - Filled jacket potatoes served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, yoghurt, soreen and cheese & biscuits

Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.













# **Week One**

#### **Meat Free Monday**

📸 Homemade Macaroni Cheese

Vegetarian Sausage Roll baked diced potatoes and beans

Strawberry Ice Cream Roll

#### **Tuesday**

V Cooks choice curry served with 50/50 rice

V Baked fishcake, baked potato waffles, Peas and sweetcorn

Fresh Fruit Segments or yoghurt

#### Wednesday



Sausage with creamed potatoes, gravy served with seasonal fresh carrots and peas

V Hot Tuna Panini served with Coleslaw, sweetcorn and salad

Homemade Blueberry Cake

## **Thursday**

V Oven baked Fish Fingers served with chunky chipped potatoes, garden peas or baked beans

V Crumb Coated Chicken served with chunky chipped potatoes, garden peas or baked beans

Homemade Shortbread Biscuit

# Friday

V Cooks choice Homemade Pasta Bake served with seasonal vegetables

Homemade Cheese Flan served with baked jacket Wedges, sweetcorn and salad

V Jelly and Fruit

# Week Two

#### **Meat Free Monday**

Margarita Pizza served with baked jacket wedges and sweetcorn

Baked Falafel with Couscous

And salad

Raspberry Ripple Ice Cream Roll

#### Tuesday

V Chilli Beef served with 50/50 rice

V Hot Ham and Cheese Panini, Fresh salad, coleslaw

> Fresh Fruit Salad or Yoghurt

#### Wednesday

V Spaghetti Bolognese Served with mixed vegetables

Chicken & vegetable savoury rice

V Jelly and Fruit

# Thursday

V Oven baked Battered Salmon served with chunky chipped potatoes garden peas or baked beans

V Chicken goujons
Served with chunky chipped potatoes
garden peas or baked beans

Homemade cooks choice Biscuit

## **Friday**

V Chicken curry and rice

V Selection of filled wraps

Cooks choice Homemade Carrot Cake or Banana and Oat Cake

# **Week Three**

#### **Meat Free Monday**

Homemade Tomato and Mascarpone Pasta Bake served with seasonal vegetables

Quorn nuggets with baked herby diced potatoes, and sweetcorn

Chocolate Ice Cream Roll

#### Tuesday

V Homemade Cajun Chicken in a bun, Baked wedged potatoes, coleslaw and sweetcorn

Vegetarian Burger in a bun Baked wedged potatoes, coleslaw and sweetcorn

Fresh Fruit Segments or Yoghurt

#### Wednesday

V Chicken Tikka Masala served with 50/50 rice

V Baguette pizza served with fresh salad and coleslaw

Apple Crumble and custard

## Thursday

V Crumb coated chicken
Served with chunky chipped potatoes,
garden peas or baked beans

V Oven baked Battered Fish served with chunky chipped potatoes, garden peas or baked beans

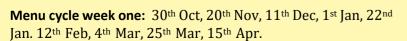
Homemade Biscuit or Cookie

## Friday

V Pork Meatballs in homemade tomato and basil sauce served with wholemeal pasta and garden peas

Twice Baked Jacket Potatoes with ham and cheese Served with baked beans

V Jelly and Fruit



**Menu cycle week two:**  $6^{th}$  Nov,  $27^{th}$  Nov,  $18^{th}$  Dec,  $8^{th}$  Jan,  $29^{th}$  Jan,  $19^{th}$  Feb,  $11^{th}$  Mar,  $1^{st}$  Apr,  $22^{nd}$  Apr,

**Menu cycle week three**: 13<sup>th</sup> Nov, 4<sup>th</sup> Dec, 15<sup>th</sup> Jan, 5<sup>th</sup> Feb, 26<sup>th</sup> Feb, 18<sup>th</sup> Mar, 8<sup>th</sup> Apr, 29<sup>th</sup> Apr,

For allergen and dietary help please contact school meals helpdesk on 01925 443082 or visit our website www.warrington.gov.uk/schoolmeals





