



MENU

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

FREE

for every Gastronomaut 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

Pizza sub with herby potatoes and coleslaw

Veggie bean taco with herby potatoes and coleslaw

DESSERT: Cheese and biscuits

TUESDAY

Chicken katsu curry with white rice and broccoli

Cheese and potato pie with baked beans

DESSERT: Chocolate brownie

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 Quorn Stir Fry with noodles and green beans.

DESSERT: Flapjack

FRIDAY

Fish Fingers, chips and peas/baked beans

Veggie Burger and tomato salsa with oven baked chips and peas/baked beans V

DESSERT: Vanilla ice cream

Y 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 veg

Veggie Burito with herby potatoes and veg

DESSERT: Oaty apple muffin with fresh apple slices*

TUESDAY

Grilled Chicken Burger in a bun with chips and baked beans

Tomato and Basil Pasta with Garlic Bread and sweetcorn V

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: Cheese and Biscuits

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

Fish Fingers, chips and peas/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

Vegan Sausage Roll with Mash and 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: Cheese and Biscuits

FRIDAY

Fish Fingers, chips and peas/baked beans

Vegan nuggets with oven baked chips and baked beans

DESSERT: Chocolate & pear sponge

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