












# Autumn Winter 2022-23 - Week 1












W/C: 31<sup>st</sup> October , 21st November, 12th December 2022,  
16th January, 6th February, 6th March, 27th March 2023

Band	Monday	Tuesday	Wednesday	Thursday	Friday
RED	<p>Cheese and tomato pizza with potatoes</p> 	<p>Chicken Katsu Curry with rice</p>	<p>Roast chicken with roast potatoes and gravy</p>	<p>Beef bolognese with pasta</p>	<p>Salmon and Potato Fishcake with Chips and baked beans</p>
GREEN	<p>Bean taco with potatoes</p> 	<p>Cheese and Potato Pie with Baked Beans</p> 	<p>Vegan Sausage with Roast Potatoes and Gravy</p> 	<p>Quorn Pasta with Green Beans</p> 	<p>Veggie Burger with Chips</p> 
YELLOW	<p>Jacket Potato with baked beans</p> 	<p>Cheese Panini and carrot sticks</p> 	<p>Tomato pasta</p> 	<p>Jacket Potato with Tuna Mayo</p> 	<p>Jacket Potato with cheese and beans</p> 

# Autumn Winter 2022-23 - Week 2











W/C: 7th November, 28<sup>th</sup> November 2022, 2nd January

23rd January, 20th February, 13th March 2023

Band	Monday	Tuesday	Wednesday	Thursday	Friday
RED	<p>Tomato Pasta with salad</p> 	<p>Jerk Chicken with rice and peas</p>	<p>Roast beef with Yorkshire pudding, roast potatoes and gravy</p>	<p>Pork meatballs in tomato sauce with pasta</p>	<p>Pollock fish fingers with chips and baked beans</p>
GREEN	<p>Veggie Burrito with potatoes and salad</p> 	<p>Tomato and basil gnocchi with garlic bread</p> 	<p>Vegan Sausage with roast potatoes and gravy</p> 	<p>Quorn and butter squash curry with rice</p> 	<p>Vegetable fingers with chips</p> 
YELLOW	<p>Jacket Potato with baked beans</p> 	<p>Sausage in a roll with pasta salad</p> 	<p>Tomato pasta</p> 	<p>Jacket Potato with tuna mayo</p> 	<p>Jacket potato with cheese and beans</p> 

# Autumn Winter 2022-23 - Week 3

W/C: 14<sup>th</sup> November, 5th December 2022, 9th January,  
30<sup>th</sup> January, 27th February, 20th March 2023

Band	Monday	Tuesday	Wednesday	Thursday	Friday
RED	<p>Vegan Sausage Roll with potatoes</p> 	<p>Pork sausage with mashed potato</p>	<p>Roast chicken with stuffing, roast potatoes &amp; gravy</p>	<p>Beef Burger with potato wedges</p>	<p>Breaded pollock fillet with chips</p>
GREEN	<p>Mac n cheese with potatoes</p> 	<p>Mediterranean vegetable pasta bake</p> 	<p>Quorn Fillet with stuffing, Roast Potatoes &amp; Gravy</p> 	<p>Vegetable meatballs with pasta</p> 	<p>Vegan nuggets with chips and baked beans</p> 
YELLOW	<p>Jacket Potato and Baked Beans</p> 	<p>Jacket potato with cheese</p> 	<p>Tomato pasta</p> 	<p>Jacket potato with tuna mayo</p> 	<p>Jacket potato with cheese and beans</p> 