











Autumn Winter 2022-23 - Week 1










W/C: 31st 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>Fish Fingers 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 in a bun 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, 28th November 2022, 2nd January

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

| Band | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|---|---|--|--|
| RED | <p>Tomato Pasta with sweetcorn</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, carrots, broccoli 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>Pork 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: 14th November, 5th December 2022, 9th January,
30th 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 & gravy</p> | <p>Beef Burger in a roll with potato wedges</p> | <p>Breaded pollock fillet with chips</p> |
| GREEN | <p>Mac n cheese with garlic bread</p>  | <p>Mediterranean vegetable pasta bake</p>  | <p>Quorn Fillet with stuffing, Roast Potatoes & 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>  |