# **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**

Vegetarian Sausage Roll baked diced potatoes and beans

Jacket Potato with filling

Ice Cream

#### **Tuesday**

Roast Chicken with creamed potatoes, gravy served with seasonal fresh carrots and peas.

Jacket Potato with filling

Fresh Fruit Segments or yoghurt

#### Wednesday

oks Choice Pasta served with mixed vegetables.

Jacket Potato with filling

Homemade Chocolate Cake

# Thursday

Meatball Sub served with salad

Jacket Potato with filling

V Jelly and Fruit

## Friday

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

# **Week Two**

#### **Meat Free Monday**

Margarita Pizza served with baked jacket wedges and sweetcorn

Jacket Potato with filling

Ice Cream

#### **Tuesday**

Pork Sausage served with creamed potatoes and mixed vegetables

Jacket Potato with filling

Fresh Fruit Salad or Yoghurt

#### Wednesday

V Spaghetti Bolognese Served with mixed vegetables

Jacket Potato with filling

V Jelly and Fruit

## Thursday

Selection of panini served with mixed salad

V Selection of filled wraps

Jacket Potato with filling

Fruit crumble with custard

# Friday

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 cookie

# **Week Three**

#### **Meat Free Monday**

WHomemade Tomato and Mascarpone Pasta Bake served with seasonal vegetables

Jacket Potato with filling

Ice Cream

#### Tuesday

V Chicken Tikka Masala served with 50/50 rice

Jacket Potato with filling

Fresh Fruit Segments or Yoghurt

#### Wednesday

**V** Paninis

V Baguette pizza served with fresh salad and coleslaw

Jacket Potato with filling

Jelly and Fruit

### Thursday

Savoury Mince in Yorkshire pudding served with creamed potatoes and mixed vegetables.

Jacket Potato with filling

Fruit sponge with custard

## Friday

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

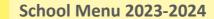
Homemade Biscuit or Cookie



**Menu cycle week one:** 30<sup>th</sup> Oct. 20<sup>th</sup> Nov. 11<sup>th</sup> Dec. 1<sup>st</sup> Jan. 22<sup>nd</sup> Jan. 12<sup>th</sup> Feb. 4<sup>th</sup> Mar. 25<sup>th</sup> Mar. 15<sup>th</sup> Apr.

**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:  $13^{th}$  Nov.  $4^{th}$  Dec.  $15^{th}$  Jan.  $5^{th}$  Feb.  $26^{th}$  Feb.  $18^{th}$  Mar.  $8^{th}$  Apr.  $29^{th}$  Apr.





= Vegetarian V = Vegetarian substitute available Lunch will be served with fresh milk or drinking water. All homemade dishes contain additional vegetables.

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

