

# SCHOOL MEALS

**Available daily as an alternative:** - Filled jacket potatoes and a selection of sandwiches served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, fruit yoghurt, sreen 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 Ripple Ice Cream Roll

### Tuesday

- V Roast Gammon served with sage and onion stuffing creamed & roast potatoes, carrots and swede batons and gravy

Cooks choice curry served with 50/50 rice

- Fresh Fruit Segments or yoghurt

### Wednesday

- V Pork 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 Lasagne or 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

- ✔ Homemade Oven Baked Omelette served with jacket wedges baked beans and fresh spinach

Raspberry Ripple Ice Cream Roll

### Tuesday

- V Roast Turkey with sage and onion stuffing served with roast & creamed potatoes, seasonal fresh carrots and broccoli and gravy

- V Chilli Beef served with 50/50 rice

- Fresh Fruit Salad or Yoghurt

### Wednesday

- V Cooks choice homemade pie served with baby new potatoes, mixed country vegetables

- ✔ Spicy Quorn served with savoury rice and mixed country vegetables

- 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 Homemade Spaghetti Bolognese served with garden peas

- ✔ Vegetarian curry served with 50/50 rice

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 Roast Chicken sage & onion stuffing served with gravy, roast & creamed potatoes, seasonal fresh carrot and cabbage

- ✔ Vegetarian Burger in a bun Baked wedged potatoes and fresh salad

- 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

- Red Tractor Chicken Poppers 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 Cookie or Biscuit

### Friday

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

- ✔ Twice Baked Jacket Potatoes with cheese and onion served with baked beans

- V Jelly and Fruit

## School Menu Autumn/Winter 2022-2023

**Menu cycle week one :** 31<sup>st</sup> Oct, 21<sup>st</sup> Nov, 12<sup>th</sup> Dec, 9<sup>th</sup> Jan, 30<sup>th</sup> Jan, 20<sup>th</sup> Feb, 13<sup>th</sup> Mar, 3<sup>rd</sup> Apr, 24 Apr, 15<sup>th</sup> May, 5<sup>th</sup> Jun, 26<sup>th</sup> Jun, 17<sup>th</sup> July,

**Menu cycle week two:** 7<sup>th</sup> Nov, 28<sup>th</sup> Nov, 19<sup>th</sup> Dec, 16<sup>th</sup> Jan, 6<sup>th</sup> Feb, 27<sup>th</sup> Feb, 20<sup>th</sup> Mar, 10<sup>th</sup> Apr, 1<sup>st</sup> May, 22<sup>nd</sup> May, 12<sup>th</sup> Jun, 3<sup>rd</sup> July, 24<sup>th</sup> July

**Menu cycle week three:** 14<sup>th</sup> Nov, 5<sup>th</sup> Dec, 2<sup>nd</sup> Jan, 23<sup>rd</sup> Jan, 13<sup>th</sup> Feb, 6<sup>th</sup> Mar, 27<sup>th</sup> Mar, 17<sup>th</sup> Apr, 8<sup>th</sup> May, 29<sup>th</sup> May, 19<sup>th</sup> Jun, 10<sup>th</sup> July,



= 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](http://www.warrington.gov.uk/schoolmeals)



**WARRINGTON**  
Borough Council

