

School Lunch Menu October 2022

Please find below the 3 week lunch menu. For children in EYFS to Year 2, school meals remain free of charge, from years 3 to 6 meals are charged at £2.30 each. If you have any questions please speak to Nicola or Dawn – Many thanks

Week 1 – 31/10/22 21/11/22 12/12/22 16/01/23 06/02/23 06/03/23 27/03/23

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza Or Veggie Enchilada	Beef Burger Or Quorn Frankfurter	Mild Chicken Curry Or Chickpea & Sweet Potato Curry	Roast Pork Or Quorn Fillet	Breaded Fish Fingers Or Vegan Sausage Roll
Salad	Wedges Tomato Sauce	Pea's & Sweetcorn	Roast Potatoes, Yorkshire Pudding, Seasonal Veg & Gravy	Oven baked Chips Baked Beans
Vanilla Crunch & Custard	Chocolate Sponge & Chocolate Sauce	Oaty Fruit Crunch & Custard	Strawberry Muffin	Strawberry Mousse

Week 2 – 07/11/22 28/11/22 02/01/23 23/01/23 20/02/23 13/03/23

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza Or Vegetarian Chilli	Suffolk Pork Sausages Or Quorn Sausage	Pasta Bolognaise Or Vegetable Lasagne	Roast Chicken, Yorkshire, & Gravy Or Roast Quorn Fillet	Breaded Fish Fingers Or Quorn Vegan Fishless Finger
Wedges & Salad	Mashed Potatoes & Seasonal Veg	Garlic Bread Sweetcorn	Roast Potatoes, Seasonal Veg & Gravy	Oven baked Chips Garden Peas
Chocolate Sponge & Chocolate Sauce	Lemon Muffin	Chocolate Crunch & Chocolate Sauce	Toffee Cream Tart	Jelly & Ice Cream

Week 3 – 14/11/22 05/12/22 09/01/23 30/01/23 27/02/23 20/03/23

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese Or Veggie Bolognaise	Beef Meatballs in Tomato Sauce Or Vegetable & Bean Burrito with salad	BBQ Chicken Melt Or Veggie Bean Burger	Sausages with Yorkshire Pudding Or Veggie Toad in the Hole	Salmon Fish Fingers Or Quorn Southern Style Nuggets
Garlic Bread Green Beans	Rice & Peas	Wedges & Sweetcorn	Roast Potatoes, Seasonal Veg & Gravy	Oven baked Chips Baked Beans
Flapjack	Marble Crunch & Custard	Orange Muffin	Fruit Crumble & Custard	Chocolate Sponge & Chocolate Sauce