

Autumn Term 2022-23 menus

Cycle 1 – Friday 02.09.2022, w/c 05.09.2022, w/c 26.09.2022, w/c 17.10.2022, w/c 14.11.2022, w/c 05.12.2022

	Family Favourites	Authentic Italian	World Food Festivals	Backing British	Cheat Day
Main	Roast Chicken served with creamed potatoes, broccoli and carrots	Spaghetti (wholemeal) bolognaise made with homemade Italian tomato and basil sauce Served with sweetcorn and garlic wholemeal bread	Korma Chicken Curry served with rice (wholemeal), peas and naan bread (wholemeal)	Butchers sausages and creamed potatoes with a selection of seasonal vegetables	Chicken burger served in a wholemeal bun with potato wedges and seasonal side salad (ketchup available)
Vegetarian	Quorn chicken roast served with creamed potatoes, broccoli and carrots	Quorn Spaghetti (wholemeal) bolognaise made with homemade Italian tomato and basil sauce Served with sweetcorn and garlic wholemeal bread	Quorn chicken curry served with rice (wholemeal), peas and naan bread (wholemeal)	Quorn sausages and creamed potatoes with a selection of seasonal vegetables	Vegetable Fish Finger sandwich served in a wholemeal bun with potato wedges and seasonal side salad (ketchup available)
Sides	Bread Salad selection	Bread Salad selection	Bread Salad selection	Bread Salad selection	Bread Salad selection
Pudding	Apples, bananas Yoghurt Fruit jelly	Orange, pineapple Yoghurt Cookies	Apple, mango Yoghurt Sponge pudding and custard	Peach, banana Yoghurt Jelly and custard	Pear, melon Yoghurt Cheese and crackers or croissant
Healthy Drinks	Milk and water is available every day both during school and at Explorers Breakfast and Afterschool clubs				
Explorer Breakfast	Toast, Cereal, Yoghurt, Fruit	Toast, Cereal, Yoghurt, Fruit	Toast, Cereal, Yoghurt, Fruit	Toast, Cereal, Yoghurt, Fruit	Scrambled egg on toast, Cereal, Yoghurt, Fruit
Explorer Afterschool	Jacket potato served with a range of toppings Fruit	Chicken salad pots Fruit	Pasta pots Fruit	Curry pots Fruit	Hot Dogs Fruit

Cycle 2 – w/c 12.09.2022, w/c 03.10.2022, w/c 31.10.2022, w/c 21.11.2022, w/c 12.12.2022

Adjustments - 06.10.2022 Census Day (Hot buffet), 04.11.2022 Bonfire Night (Hot Dogs), 15.12.2022 Christmas Dinner Day

	Family Favourites	Authentic Italian	World Food Festivals	Backing British	Cheat Day
Main	Roast Chicken served mash, broccoli and carrots	Tuna pasta (wholemeal) bake served with fresh warm wholemeal bread and grated cheese	Chicken fajita wraps (wholemeal) served with rice and sautéed peppers	Homemade Chicken pie served with a selection of seasonal vegetables	Fish and chips served with garden peas (ketchup available)
Vegetarian	Quorn roast served mash, broccoli and carrots	Tomato pasta (wholemeal) bake served with fresh warm wholemeal bread and grated cheese	Quorn fajita wraps (wholemeal) served with rice and sautéed peppers	Homemade Quorn chicken pie served with a selection of seasonal vegetables	Vegetable fish fingers served with garden peas (ketchup available)
Sides	Bread Salad selection	Bread Salad selection	Bread Salad selection	Bread Salad selection	Bread Salad selection
Pudding	Apples, bananas Yoghurt Fruit jelly	Orange, pineapple Yoghurt Cookies	Apple, mango Yoghurt Sponge pudding and custard	Peach, banana Yoghurt Fruit jelly and custard	Pear, melon Yoghurt Cheese, grapes and crackers or croissant
Healthy Drinks	Milk and water is available every day both during school and at Explorers Breakfast and Afterschool clubs				
Explorer Breakfast	Toast, Cereal, Yoghurt, Fruit	Toast, Cereal, Yoghurt, Fruit	Toast, Cereal, Yoghurt, Fruit	Toast, Cereal, Yoghurt, Fruit	Scrambled egg on toast, Cereal, Yoghurt, Fruit
Explorer Afterschool	Jacket potato served with a range of toppings Fruit	Chicken salad pots Fruit	Pasta pots Fruit	Chicken fajita wraps (wholemeal) Fruit	Hot dogs Fruit

Cycle 3 – w/c 19.09.2022, w/c 10.10.2022, w/c 07.11.2022. w/c 28.11.2022 – Christmas party day on 19.12.2022 (sausage rolls and sandwiches)

	Family Favourites	Authentic Italian	World Food Festivals	Backing British	Cheat Day
Main	Macaroni cheese served with sweetcorn and peas	Ham and Cheese Wholemeal Pizza served with sweetcorn and garlic bread	Sweet and sour chicken served with wholemeal rice and stir-fried vegetables	Cottage pie served with a selection of seasonal vegetables	Chicken nuggets and chips served with baked beans
Vegetarian	Jacket potato served with a range of toppings and salad	Cheese and tomato Wholemeal Pizza served with sweetcorn and garlic bread	Sweet and sour Quorn chicken served with wholemeal rice and stir-fried vegetables	Quorn pie served with a selection of seasonal vegetables	Quorn chicken nuggets and chips served with baked beans
Sides	Bread Salad selection	Bread Salad selection	Bread Salad selection	Bread Salad selection	Bread Salad selection
Pudding	Apples, bananas Yoghurt Fruit jelly	Orange, pineapple Yoghurt Cookies	Apple, mango Yoghurt Sponge pudding and custard	Peach, banana Yoghurt Fruit jelly and custard	Pear, melon Yoghurt Cheese, grapes and crackers or croissant
Healthy Drinks	Milk and water is available every day both during school and at Explorers Breakfast and Afterschool clubs				
Explorer Breakfast	Toast, Cereal, Yoghurt, Fruit	Toast, Cereal, Yoghurt, Fruit	Toast, Cereal, Yoghurt, Fruit	Toast, Cereal, Yoghurt, Fruit	Scrambled egg on toast, Cereal, Yoghurt, Fruit
Explorer Afterschool	Jacket potato served with a range of toppings Fruit	Pasta pots Fruit	Selection of cold wholemeal wraps Fruit	Chicken salad pots Fruit	Hot dogs Fruit