

Asian Vegetarian Menu 2023 - 2024

TIMETABLE	WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK COMMENCING: 2023 4 September 25 September 23rd October 13 November 4 December <hr/> WEEK COMMENCING: 2024 8 January 29 January 26 February 18 March 22 April 13 May 10 June 1 July	OPTION 1 (Asian Veg)	Chickpea & Potato Curry, Yellow Rice, Chapatti (VE)	Paneer & Sweetcorn Curry, Rice, Naan Bread (V)	Moong Bean Curry, Rice, Chapatti (VE)	Potato & Courgette Curry, Rice, Naan Bread (VE)	Curried Potato & Pea, Puff, Chips (V)
	OPTION 2	French Bread Pizza Diced Potatoes (V)	Vegetable Pasta Bake Malted Baguette (V)	Roast Quorn Fillet, Stuffing & Gravy, Parsley Potatoes (VE)	Quorn Sausages, Yorkshire Puddings, Mash Potatoes (V)	Quorn Fingers Chips (V)
	OPTION 3	Quorn Meatballs in Tomato & Herb Sauce, Spaghetti (V)	Lamb Pasta Bake Malted Baguette	Roast Chicken, Stuffing & Gravy, Parsley Potatoes	Pork Sausages-Yorkshire Puddings, Mash Potatoes	Fish Fingers Or Salmon Fish Fingers, Chips
	OPTION 4 Jacket Potato	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)
	OPTION 5 Sandwich	Egg Mayo (V)	Cheese (V)	Tuna Mayo	Egg Mayo (V)	Cheese (V)
	DESSERT	Fruit & Chocolate Muffin (50% Fruit) or Yum Yum Biscuit	Iced Sponge or Fruit Cookie	Fruit Salad or Chocolate Biscuit	Apple Crumble (50% Fruit) & Custard or Oaty Biscuits	Ice Cream or Lemon Drizzle Cookie

TIMETABLE	WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK COMMENCING: 2023 11 September 2 October 30 October 20 November 11 December <hr/> WEEK COMMENCING: 2024 15 Januar 5 February 4 March 8 April 29 April 20 May 7 June 8 July	OPTION 1 (Asian Veg)	Mixed Dhal with Spinach, Rice and Coriander Flat Bread (V)	Cauliflower, Pea & Potato Curry Brown/ White Rice and Naan Bread (VE)	Mixed Dhal Tadka with Vegetable Rice (VE)	Kofta (Vegetable Balls) Curry, Rice (VE)	Crispy Vegetable Rolls Chips (VE)
	OPTION 2	Macaroni Cheese Malted Baguette (V)	Sweet & Sour Vegetables Noodles (V)	Cheese & Potato Pie Malted Baguette (V)	Quorn Burger in a Bun & Potato Wedges (V)	Veggie Fingers Chips (V)
	OPTION 3	Sweet Potato, Chickpea & Spinach Curry Rice (VE)	Sweet & Sour Chicken Noodles	Roast Pork, Stuffing & Gravy Mash Potatoes	Flattened Chicken Burger in a Bun and Potato Wedges	Flipper Dippers Chips
	OPTION 4 Jacket Potato	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)
	OPTION 5 Sandwich	Tuna Mayo	Egg Mayo (V)	Cheese (V)	Tuna Mayo	Cheese (V)
	DESSERT	Chocolate Haystacks or Strawberry Mousse	Fruit Flan (50% Fruit) or Lemon Shortbread	Pear & Chocolate Sponge & Chocolate Sauce (50% Fruit) or Custard Biscuits	Cornflake Tart & Custard or Butter Scotch Cookie	Ice Cream Chocolate & Vanilla or Swirl Biscuit

TIMETABLE	WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK COMMENCING: 2023 18 September 9 October 6 November 27 November 18 December <hr/> WEEK COMMENCING: 2024 22 January 12 February 11 March 15 April 6 May 3 June 24 June	OPTION 1 (Asian Veg)	Butternut Squash, Chickpeas & Spinach Curry, Brown/White Rice (VE)	Khichadi, Kadhi & Potato Curry Chapatti (V)	Kidney Bean & Sweetcorn Curry, Rice (VE)	Seasonal Vegetable Curry, Naan Bread (VE)	Vegetable Samosa Chips (VE)
	OPTION 2	Pizza - Cheese & Tomato ½ Jacket Potato(V)	Cheese Flan Garlic & Herb Potatoes (V)	Roast Quorn Fillet, Stuffing & Gravy & Roast Potatoes (VE)	Tomato & Chicken Pasta Garlic Bread	Quorn Dippers Chips (VE)
	OPTION 3	Tomato & Vegetable Pasta Malted Baguette (VE)	Chicken Pie Garlic & Herb Potatoes	Roast Turkey, Stuffing & Gravy Roast Potatoes	Broccoli & Spaghetti Bake Malted Baguette (V)	Battered Fish Chips
	OPTION 4 Jacket Potato	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)	Jacket Potato with Cheese & Beans (V)
	OPTION 5 Sandwich	Cheese (V)	Tuna Mayo	Egg Mayo (V)	Tuna Mayo	Cheese (V)
	DESSERT	Iced Fruit Sponge (50% Fruit) or Coconut Cookie	Jelly & Fruit Pots (50% Fruit) or Chocolate Biscuit	Iced Buns or Melting Moments	Chocolate Tart or Jam Crunch	Ice Cream or Flapjack

***KEY:**
V = Vegetarian,
VE = Vegan,
50% Fruit = this pudding contains at least 50% fruit

Disclaimer
 We endeavour to serve food as specified on the menu, however, there are some circumstances when this isn't possible. You can be assured that these instances will be kept to an absolute minimum.

For children to have healthier meals at school, over the last few years we have reduced the sugar in our puddings by 20%

Choosing a meal from this menu for your child every day will provide 2-3 portions of their five a day. Seasonal vegetables served daily

For all allergens please ask a member of catering staff

SERVED DAILY
 Seasonal vegetables, salad, fruit yogurts, fresh fruit, and drinking water are available daily also Jacket Potatoes & Packed Lunches are available in most schools please check what arrangements are in place in your school.