**School Dinner Menu**

**Winter Term 2022**

|  |  |  |
| --- | --- | --- |
| Week 1 | Week 2 | Week 3 |
| Separate Main Meal option  Jacket Potato & Cheese | Separate Main Meal option  Jacket Potato & Tuna | Separate Main Meal option  Jacket Potato & Beans |
| Monday | Monday | Monday |
| Cheese & Tomato Pizza  Sauté Potatoes  Peas & Sweetcorn  Chocolate Crunch | Pasta Bolognaise  Green Beans & Sweetcorn  Garlic Bread  Oat Cookies & Sultanas | Chicken Korma & Rice  Cauliflower & Green Beans  Naan Bread  Chocolate Sponge & Custard |
| Tuesday | Tuesday | Tuesday |
| Chicken & Broccoli Pasta Bake  Carrots & Green Beans  Garlic Bread  Cheese & Crackers | Chicken & Vegetable Casserole  Baby New Potatoes  Mixed Veg & Cauliflower  Strawberry Yogurt & Summer Berries | Creamy Macaroni Cheese  Broccoli & Sweetcorn  Garlic Bread  Fresh Fruit Salad |
| Wednesday | Wednesday | Wednesday |
| Minced Beef & Yorkshire Puddings  Roast Potatoes  Mixed Veg & Sweetcorn  Peaches & Ice-cream | Pork Loin & Gravy  Mashed Potato  Carrots & Broccoli  Rice Pudding & Mandarins | Chicken in Gravy  Roast Potatoes  Carrots & Peas  Shortcake Biscuit |
| Thursday | Thursday | Thursday |
| Sausage & Gravy  Mashed Potato  Carrots & Broccoli  Sliced Bread  Apple Crumble & Custard | Quorn Dippers & Tomato Sauce  Potato Wedges  Peas & Sweetcorn  Chocolate Orange & Sponge & Custard | Nacho Beef Bake & Rice  Sweetcorn & Green Beans  Berry Sponge & Custard |
| Friday | Friday | Friday |
| Fish Fingers  Chips  Beans  Jam & Sponge & Custard | Breaded Salmon Portions  Chips  Beans  Flapjack | Battered Fish  Chips  Beans  Carrot Cake |

Very occasionally due to circumstances beyond our control, it may be necessary to change from the menu

**DISHES AND THEIR ALLERGEN CONTENT – Wolds & Vale Federation**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | DISHES  (with allergens) | | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | | The foods below are some or all of the menu items for each day. Unlisted items do not contain identified allergens. | | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| **Week 1** | **Mon** | | Cheese & Tomato Pizza |  | 🗸 |  |  |  |  | 🗸 |  |  |  |  |  | 🗸 |  |
| Chocolate Crunch |  | 🗸 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tue** | | Chicken & Broccoli Bake |  | 🗸 |  |  |  |  | 🗸 |  |  |  |  |  |  |  |
| Cheese & Crackers |  | 🗸 |  |  |  |  | 🗸 |  |  |  |  |  |  |  |
| **Wed** | | Minced Beef & Yorkshire Pudding |  | 🗸 |  | 🗸 |  |  | 🗸 |  |  |  |  |  | 🗸 |  |
| Peaches & Ice-Cream |  |  |  |  |  |  | 🗸 |  |  |  |  |  |  | 🗸 |
| **Thur** | | Sausages & Gravy |  | 🗸 |  |  |  |  | 🗸 |  |  |  |  |  |  |  |
| Apple Crumble & Custard |  | 🗸 |  |  |  |  | 🗸 |  |  |  |  |  |  |  |
| **Fri** | | Fish Fingers |  | 🗸 |  |  | 🗸 |  |  |  |  |  |  |  |  |  |
| Jam & Sponge Custard |  | 🗸 |  | 🗸 |  |  | 🗸 |  |  |  |  |  |  |  |
|  |  | | | | | | | | | | | | | | | | | |
| **Week 2** | **Mon** | | Pasta Bolognaise |  | 🗸 |  | 🗸 |  |  | 🗸 |  |  |  |  |  |  |  |
| Oak Cookies & Sultanas |  | 🗸 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tue** | | Chicken & Veg Casserole |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Strawberry Yogurt & Summer Berries |  |  |  |  |  |  | 🗸 |  |  |  |  |  |  |  |
| **Wed** | | Pork Loin & Gravy |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rice Pudding & Mandarins |  |  |  |  |  |  | 🗸 |  |  |  |  |  |  |  |
| **Thur** | | Quorn Dippers & Tomato Sauce |  | 🗸 |  | 🗸 |  |  | 🗸 |  |  |  |  |  |  |  |
| Chocolate Orange Sponge & Custard |  | 🗸 |  | 🗸 |  |  | 🗸 |  |  |  |  |  |  |  |
| **Fri** | | Breaded Salmon |  | 🗸 |  | 🗸 | 🗸 |  | 🗸 |  |  |  |  |  |  |  |
| Flapjack |  | 🗸 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Week 3** | **Mon** | | Chicken Korma & Rice |  |  |  |  |  |  | 🗸 |  |  |  |  |  |  |  |
| Choc Sponge & Custard |  | 🗸 |  | 🗸 |  |  | 🗸 |  |  |  |  |  |  |  |
| **Tue** | | Creamy Macaroni Cheese |  | 🗸 |  | 🗸 |  |  | 🗸 |  |  |  |  |  |  |  |
| Fresh Fruit Salad |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wed** | | Chicken in Gravy |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Shortcake Biscuit |  | 🗸 |  | 🗸 |  |  | 🗸 |  |  |  |  |  |  |  |
| **Thur** | | Nacho Beef Bake & Rice |  | 🗸 |  |  |  |  | 🗸 |  |  |  |  |  |  |  |
| Berry Sponge & Custard |  | 🗸 |  | 🗸 |  |  | 🗸 |  |  |  |  |  |  |  |
| **Fri** | | Battered Fish |  | 🗸 |  |  | 🗸 |  |  |  |  |  |  |  |  |  |
| Carrot Cake |  | 🗸 |  | 🗸 |  |  | 🗸 |  |  |  |  |  |  |  |
|  |  | | Jacket Potato & Cheese |  |  |  |  |  |  | 🗸 |  |  |  |  |  |  |  |
|  |  | | Jacket Potato with Tuna |  |  |  | 🗸 | 🗸 |  |  |  |  |  |  |  |  |  |
|  |  | | Jacket Potato with Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |