**School Dinner Menu**

**Winter Term 2022**

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| --- | --- | --- |
| Week 1 | Week 2 | Week 3 |
| Separate Main Meal optionJacket Potato & Cheese | Separate Main Meal optionJacket Potato & Tuna | Separate Main Meal optionJacket Potato & Beans |
| Monday | Monday | Monday |
| Cheese & Tomato PizzaSauté PotatoesPeas & SweetcornChocolate Crunch | Pasta BolognaiseGreen Beans & SweetcornGarlic BreadOat Cookies & Sultanas | Chicken Korma & RiceCauliflower & Green BeansNaan BreadChocolate Sponge & Custard |
| Tuesday | Tuesday | Tuesday |
| Chicken & Broccoli Pasta BakeCarrots & Green BeansGarlic BreadCheese & Crackers | Chicken & Vegetable CasseroleBaby New PotatoesMixed Veg & CauliflowerStrawberry Yogurt & Summer Berries | Creamy Macaroni CheeseBroccoli & SweetcornGarlic BreadFresh Fruit Salad |
| Wednesday | Wednesday | Wednesday |
| Minced Beef & Yorkshire PuddingsRoast PotatoesMixed Veg & SweetcornPeaches & Ice-cream | Pork Loin & GravyMashed PotatoCarrots & BroccoliRice Pudding & Mandarins | Chicken in GravyRoast PotatoesCarrots & PeasShortcake Biscuit |
| Thursday | Thursday | Thursday |
| Sausage & GravyMashed PotatoCarrots & BroccoliSliced BreadApple Crumble & Custard | Quorn Dippers & Tomato SaucePotato WedgesPeas & SweetcornChocolate Orange & Sponge & Custard | Nacho Beef Bake & RiceSweetcorn & Green BeansBerry Sponge & Custard |
| Friday | Friday | Friday |
| Fish FingersChipsBeansJam & Sponge & Custard | Breaded Salmon PortionsChipsBeansFlapjack | Battered FishChipsBeansCarrot 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 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |