

# SCHOOL MEALS

**Available as an alternative:** Filled jacket potatoes or a selection of sandwiches served with fresh salad or seasonal vegetables.

**Available daily:** Unlimited fresh salad and wholemeal bread.  
Fresh fruit, fresh drinking water or fresh soya milk.



## Week One

### DAIRY FREE

#### Meat Free Monday

✓ Baked jacket potato with selection of fillings, dairy free cheese, tuna mayonnaise or beans served with sweetcorn and salad

✓ Vegetarian Sausage Roll  
baked diced potatoes and beans

Iced Mango and Orange Smoothie

#### Tuesday

✓ Roast Gammon served with sage and onion stuffing creamed & roast potatoes, seasonal fresh carrots and broccoli and gravy

✓ Cooks choice curry served with 50/50 rice

Fresh Fruit Segments

#### Wednesday

✓ Pork Sausage with creamed potatoes, gravy served with seasonal fresh carrots and peas

✓ Hot Tuna Panini served with coleslaw, sweetcorn and salad

Homemade Blueberry Cake

#### Thursday

✓ Oven baked Fish Fingers served with chunky chipped potatoes, garden peas or baked beans

✓ Crumb Coated Chicken served with chunky chipped potatoes, garden peas or baked beans

Homemade Shortbread Biscuit

#### Friday

✓ Italian Chicken Pasta Bake served with seasonal vegetables

✓ Baked jacket potato with selection of fillings, dairy free cheese, tuna mayonnaise or beans served with sweetcorn and salad

✓ Jelly and Fruit

## Week Two

### DAIRY FREE

#### Meat Free Monday

✓ Margarita Pizza served with baked jacket wedges and sweetcorn

✓ Homemade Oven Baked Omelette served with jacket wedges baked beans and fresh spinach

Iced Mango and Orange Smoothie

#### Tuesday

✓ Roast Turkey with sage and onion stuffing served with roast & creamed potatoes, seasonal fresh carrots and broccoli and gravy

✓ Vegetarian chilli served with 50/50 rice

Fresh Fruit Salad

#### Wednesday

Chicken and Leek Puff Pie, served with baby new potatoes and seasonal vegetables

✓ Spicy Quorn served with savoury rice and mixed vegetables

✓ Jelly and Fruit

#### Thursday

✓ Oven baked Battered Salmon served with chunky chipped potatoes garden peas or baked beans

✓ Chicken goujons served with chunky chipped potatoes garden peas or baked beans

Homemade cooks choice Biscuit

#### Friday

✓ Homemade Spaghetti Bolognese served with garden peas

✓ Fruity Curry with Quorn and Chickpeas served with 50/50 rice

Cooks choice  
Homemade Carrot Cake or Banana and Oat Cake

## Week Three

### DAIRY FREE

#### Meat Free Monday

✓ Homemade Tomato and Dairy free cheese Pasta Bake served with seasonal vegetables

✓ Quorn nuggets with baked herby diced potatoes, and sweetcorn

Iced Mango and Orange Smoothie

#### Tuesday

✓ Roast Chicken sage & onion stuffing served with gravy, roast & creamed potatoes, seasonal fresh carrot and cabbage

Hot Dairy free cheese and Ham Panini Baked wedged potatoes and coleslaw

Fresh Fruit Segments

#### Wednesday

✓ Chicken Tikka Masala served with 50/50 rice

✓ Homemade pizza served with fresh salad and coleslaw

Apple Crumble and dairy free custard

#### Thursday

Red Tractor Chicken Poppers served with chunky chipped potatoes, garden peas or baked beans

✓ Oven baked Battered Fish served with chunky chipped potatoes, garden peas or baked beans

Homemade Biscuit or Cookie

#### Friday

✓ Pork Meatballs in homemade tomato and basil sauce served with wholemeal pasta and garden peas

✓ Twice Baked Jacket Potatoes with Dairy Free Cheese and Onion served with baked beans

✓ Jelly and Fruit



## School Menu Autumn/Winter 2022-2023



= Vegetarian ✓ = Vegetarian substitute available

Lunch will be served with fresh soya milk or drinking water.  
All homemade dishes contain additional vegetables.

For allergen and dietary help please contact school meals helpdesk on 01925 443082 or visit our website  
[www.warrington.gov.uk/schoolmeals](http://www.warrington.gov.uk/schoolmeals)



**WARRINGTON**  
Borough Council

**Menu cycle week one:** 31<sup>st</sup> Oct, 21<sup>st</sup> Nov, 12<sup>th</sup> Dec, 9<sup>th</sup> Jan, 30<sup>th</sup> Jan, 20<sup>th</sup> Feb, 13<sup>th</sup> Mar, 3<sup>rd</sup> Apr, 24 Apr, 15<sup>th</sup> May, 5<sup>th</sup> Jun, 26<sup>th</sup> Jun, 17<sup>th</sup> July,

**Menu cycle week two:** 7<sup>th</sup> Nov, 28<sup>th</sup> Nov, 19<sup>th</sup> Dec, 16<sup>th</sup> Jan, 6<sup>th</sup> Feb, 27<sup>th</sup> Feb, 20<sup>th</sup> Mar, 10<sup>th</sup> Apr, 1<sup>st</sup> May, 22<sup>nd</sup> May, 12<sup>th</sup> Jun, 3<sup>rd</sup> July, 24<sup>th</sup> July

**Menu cycle week three:** 14<sup>th</sup> Nov, 5<sup>th</sup> Dec, 2<sup>nd</sup> Jan, 23<sup>rd</sup> Jan, 13<sup>th</sup> Feb, 6<sup>th</sup> Mar, 27<sup>th</sup> Mar, 17<sup>th</sup> Apr, 8<sup>th</sup> May, 29<sup>th</sup> May, 19<sup>th</sup> Jun, 10<sup>th</sup> July,