

ST Whites Autumn/Winter Menu 2023/24

Monday (MFM)

Tuesday

Wednesday

Thursday

Friday

WEEK ONE 6 NOVEMBER 27 NOVEMBER 18 DECEMBER 22 JANUARY 19 FEBRUARY 11 MARCH	Option 1	MACARONI CHEESE	BBQ CHICKEN WITH RICE 🌾	ROAST CHICKEN with Roast Potatoes & Gravy	PASTA BOLOGNAISE with GARLIC BREAD 🌍	FISHFINGERS with Chips & Tomato Sauce
	Option 2	VEGETABLE CURRY AND RICE 🌾 🌿	VEGAN MEATBALLS IN A TOMATO SAUCE WITH PASTA 🌿	VEGETABLE ROAST with Roast Potatoes & Gravy 🌿	SHEPHERDESS PIE 🌿	VEGAN SAUSAGES with Chips & Tomato Sauce 🌿
	Option 3 Jkt Pot	BEANS	CHEESE	TUNA	CHEESE	BEANS
	Vegetables	CAULIFLOWER AND PEAS	CARROTS & GREEN BEANS	CABBAGE & SWEDE	CARROTS & CAULIFLOWER	PEAS AND BAKED BEANS
	Dessert	CINNAMON SWIRL	ORANGE DRIZZLE CAKE	FRUIT JELLY & MANDARINS	TOFFEE APPLE CRUMBLE & CUSTARD	CHOCOLATE SHORTBREAD
	Or a choice of Yoghurt & Fresh Fruit available daily					
WEEK TWO 13 NOVEMBER 4 DECEMBER 8 JANUARY 29 JANUARY 26 FEBRUARY 18 MARCH	Option 1	VEGETABLE PASTA with Tomato sauce and rice 🌿 🌾	PORK SAUSAGE with mash potato and gravy	ROAST TURKEY with Roast Potatoes & STUFFING /Gravy	CKICKEN WRAP with CUCUMBER DIP & RICE 🌾	FISHFINGERS with Chips & Tomato Sauce
	Option 2	SPINACH AND CHEESE WHIRL with CUCUMBER DIP AND WEDGES	VEGETABLE WRAPS WITH RICE 🌿 🌾	VEGAN SAUSAGES with Roast Potatoes & Gravy 🌿	BBQ QUORN with RICE 🌿 🌾	CHEESE and TOMATO FLAN with Chips
	Option 3 JKT POT	BEANS	CHEESE	TUNA	CHEESE	BEANS
	Vegetables	CAULIFLOWER AND PEAS	CARROTS & GREEN BEANS	CABBAGE AND SWEDE	CARROTS & CAULIFLOWER	PEAS & BAKED BEANS
	Dessert	LEMON DRIZZLE CAKE	Jelly and mandarins	FRUIT FLAPJACK 🌿 🌾	EVES PUDDING and custard	CHOCOLATE ORANGE COOKIE
	Or a choice of Yoghurt & Fresh Fruit available daily					
WEEK THREE 20 NOVEMBER 11 DECEMBER 15 JANUARY 5 FEBRUARY 4 MARCH	Option 1	CHEESE & TOMATO PIZZA with potato wedges	CHICKEN AND BROCCOLI PASTA	ROAST GAMMON with Roast Potatoes & Gravy	COTTAGE PIE	FISHFINGERS with Chips & Tomato Sauce
	Option 2	TOMATO & VEGETABLE PASTA 🌿	LENTIL & SWEET POTATO CURRY AND RICE 🌿 🌾	VEGAN QUORN with Roast Potatoes & Gravy 🌿	VEGAN BURGER & WEDGES (NO BUN) 🌿	CHEESE and RED PEPPER FRITTATA with Chips
	Option 3 Jkt Pot	BEANS	CHEESE	TUNA	CHEESE	BEANS
	Vegetables	CAULIFLOWER AND PEAS	CARROTS & GREEN BEANS	CABBAGE AND SWEDE	CARROTS & CAULIFLOWER	PEAS & BAKED BEANS
	Dessert	VANILLA SHORTBREAD	MANDARIN AND CHOCOLATE SPONGE with Chocolate sauce	STRAWBERRY JELLY 🌿	FLAPJACK 🌾 🌿	FRUITY SHORTBREAD 🌿
	Or a choice of Yoghurt & Fresh Fruit available daily					

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Chef's Special

Available Daily:

Bread freshly baked on site daily

Daily salad selection

ALLERGY INFORMATION:
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.