7.	ST Whites Winter Spring Menu 2023						Added Plant Power
cateri	INK	Monday (MFM)	Tuesday	Wednesday	Thursday	Friday	Negan
Week One 02/01/23 23/01/23 13/02/23 13/03/23	Option 1	Cheese & Tomato Pizza with Wedges	Cottage Pie (Mashed Pot)	Roast Turkey with Roast Potatoes & Gravy	Chicken Enchiladas with Rice	Fish Fingers with Chips & Tomato Sauce	Wholemeal Chef's Special
	Option 2	Vegetable & Bean Fajitas with Rice	Creamy Vegetable Pie with Potatoes Wedges	Vegan Quorn with Roast Potatoes & Gravy	Vegetable Hotpot with Rice	Mexican Bean Roll with Chips & Tomato Sauce	Available
	Option 3	Jacket Potato with Cheese	Jacket Potato with Beans	Jacket Potato with Tuna	Jacket Potato With Cheese	Jacket Potato with Beans	Daily:
	Vegetables	Sweetcorn & Peas	Carrots & Green Beans	Savoy Cabbage & Cauliflower	Carrots & Green Beans	Peas & Baked Beans	Bread freshly baked on site daily
	Dessert	Lemon Sponge	Shortbread	Fruit Jelly with Mandarins	Vanilla Sponge with Custard	Oaty Cookie (i)	Daily salad selection
		Or a choice of Yoghurt & Fresh Fruit available daily					
Week Two 09/01/23 30/01/23 27/02/23 20/03/23	Option 1	Vegetable Pasta Bake	Pasta Bolognaise 📢	Roast Gammon with Roast Potatoes & Gravy	Chef's Special Chicken Korma with Rice	Fish Fingers or Salmon Fishfingers with Chips & Tomato Sauce	ALLERGY
	Option 2	Sweet Potato Curry with Rice	Cheesy Bean Pasty with Wedges	Vegetable Wellington with Roast Potatoes & Gravy	Vegan Pasta Bolognaise	Vegan Burger in a Bun with Chips	INFORMATION: If you would like to know about particular
	Option 3	Jacket Potato with Cheese	Jacket Potato with Beans	Jacket Potato with Tuna	Jacket Potato With Cheese	Jacket Potato with Beans	allergens in foods please ask a member of the
	Vegetables	Sweetcorn & Peas	Carrots & Green Beans	Savoy Cabbage & Cauliflower	Carrots & Green Beans	Peas & Baked Beans	catering team for information. If your child has a
	Dessert	Orange Drizzle Cake	Sticky Toffee Apple Crumble with Custard	Raisin Shortbread	Flapjack (1)	Iced Sponge	school lunch and has a food allergy or intolerance you
	Or a choice of Yoghurt & Fresh Fruit available daily						will be asked to complete a form
Week Three 16/01/23 06/02/23 06/03/23 27/03/23	Option 1	Macaroni Cheese	Pork Sausage Hot Dog with Potato Wedges	Roast Chicken with Roast Potatoes, stuffing & Gravy	Chicken Casserole with Rice	Fish Fingers with Chips & Tomato Sauce	to ensure we have the necessary information to cater for your
	Option 2	Vegetable Hot Dog with Potato Wedges	Vegan Pasta Bake	Vegetable Gratin with Roast Potatoes, Stuffing & Gravy	Vegetable Meatballs in Tomato Sauce with Pasta	Cheese & Red Pepper Frittata with Chips & Tomato Sauce	child. We use a large variety of ingredients in the preparation of our
	Option 3	Jacket Potato with Cheese	Jacket Potato with Beans	Jacket Potato with Tuna	Jacket Potato With Cheese	Jacket Potato with Beans	meals and due to the nature of our kitchens it is not
	Vegetables	Sweetcorn & Peas	Carrots & Green Beans	Savoy Cabbage & Cauliflower	Carrots & Green Beans	Peas & Baked Beans	possible to completely remove the risk of
	Dessert	Carrot Cake & Custard	Chocolate Shortbread	Fruit Jelly and Mandarins	Syrup Snap Biscuit	Apple Cheese and Crackers	cross contamination.