

## **RED TRADITIONAL MENU - SEPTEMBER 2022 - JULY 2023**

<b>WEEK 1</b>	<b>Monday Love Our Planet Day</b>	<b>Tuesday European Flavours</b>	<b>Wednesday Traditional Roast</b>	<b>Thursday Around the World Day</b>	<b>Friday Fish Friday</b>
<b>Option 1</b>	<b>Lamb Bolognese (PP) Pasta</b>	<b>Lasagne with Loaded Vegetables (PP) Malted Baguette</b>	<b>Mediterranean Quorn Pie (ND) New Potatoes</b>	<b>Carbon Busting Sausages (VE) Creamed Potatoes</b>	<b>Plant Glory Fingers Chips</b>
<b>Option 2</b>	<b>Plant Power Enchiladas (PP) Jacket Potato Halves</b>	<b>Lamb Lasagne Garlic Bread</b>	<b>Roast Chicken with Gravy &amp; Stuffing New Potatoes</b>	<b>Pork Sausages Creamed Potatoes</b>	<b>Fish Friday Chips</b>
<b>Sides / Served with</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>
<b>Dessert</b>	<b>Fluffy Fruit Pot (%F)(ND)</b>	<b>Chocolate &amp; Beetroot Brownie</b>	<b>Apple &amp; Pear Crumble (%F) (VE) with Custard</b>	<b>Chocolate Tart</b>	<b>Yum Yum Biscuit or Ice Cream</b>

Jacket Potato & Packed Lunch Sandwich Fillings are available in most schools, please check what the local arrangements are in your school.

Salads, vegetables, bread, fresh fruit, fruit yoghurts and drinking water are available daily.

We endeavour to serve food as specified on the menu, however, there are some circumstances when this isn't possible. You can be assured that these instances will be kept to an absolute minimum.

**WEEK COMMENCING:** 5th September 2022, 26th September 2022, 24th October 2022, 14th November 2022, 5th December 2022, 9th January 2023, 30th January 2023, 27th February 2023, 20th March 2023, 24th April 2023, 15th May 2023, 12th June 2023, 3rd July 2023

**For all allergens please ask a member of catering staff**

VE = Vegan

PP (image) = Plant Power

Image of fruit = Contains 50% Fruit

Symbol ND = New dish

## **RED TRADITIONAL MENU - SEPTEMBER 2022 - JULY 2023**

<b>WEEK 2</b>	<b>Monday Love Our Planet Day</b>	<b>Tuesday European Flavours</b>	<b>Wednesday Traditional Roast</b>	<b>Thursday Around the World Day</b>	<b>Friday Fish Friday</b>
<b>Option 1</b>	<b>Mixed Bean Chilli (PP)(VE) Brown &amp; White Rice</b>	<b>Plant Power Balls in Tomato &amp; Herb Sauce (PP)(VE) Pasta</b>	<b>Planet Friendly Puff (ND)(VE) Roast Potatoes</b>	<b>Macaroni Cheese Sauté Potatos</b>	<b>Quorn Dippers Chips</b>
<b>Option 2</b>	<b>Pizza Jacket Wedges</b>	<b>Pork Meat Balls in Tomato &amp; Herb Sauce Rice</b>	<b>Roast Turkey with Stuffing &amp; Gravy Roast Potatoes</b>	<b>Grilled Piri Piri Chicken with Coleslaw (ND) Vegetable Rice</b>	<b>Fish Friday Chips</b>
<b>Sides / Served with</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>
<b>Dessert</b>	<b>Chocolate Haystack</b>	<b>Iced Peach Sponge (%F)</b>	<b>Strawberry Mousse</b>	<b>Apple Crumble (VE) &amp; Custard (%F)</b>	<b>Melting Moments (VE) or Ice Cream</b>

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**WEEK COMMENCING:** 12th September 2022, 3rd October 2022, 31st October 2022, 21st November 2022, 12th December 2022, 16th January 2023, 6th February 2023, 6th March 2023, 27th March 2023, 1st May 2023, 22nd May 2023, 19th June 2023, 10th July 2023

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<b>WEEK 3</b>	<b>Monday Love Our Planet Day</b>	<b>Tuesday European Flavours</b>	<b>Wednesday Traditional Roast</b>	<b>Thursday Around the World Day</b>	<b>Friday Fish Friday</b>
<b>Option 1</b>	<b>Spicy/Plain Chicken Burger Wedges</b>	<b>Seasonal Vegetable Bake (ND) Jacket Potato</b>	<b>Quorn Roast with Gravy (VE) Parmentier Potatoes</b>	<b>Yummy Vegetable Pizza with Coleslaw Potato Wedges</b>	<b>Quorn Dippers Chips</b>
<b>Option 2</b>	<b>Tomato and Herb Pasta with Plant Power Ball (PP)(VE) Malted Baguette</b>	<b>Cheese Flan Jacket Potato</b>	<b>Roast Chicken with Gravy and Parmentier Potatoes</b>	<b>Ravioli Ratatouille with Tomato and Veg Sauce Baguette</b>	<b>Fish Friday Chips</b>
<b>Sides / Served with</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>	<b>Seasonal Vegetables</b>
<b>Dessert</b>	<b>Shortbread Biscuit (VE)</b>	<b>Jelly with Fruits (%F)</b>	<b>Flapjack</b>	<b>Chocolate Banana Pot (%F)(ND)</b>	<b>Lemon Drizzle or Ice Cream</b>

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**WEEK COMMENCING:** 19th September 2022, 10th October 2022, 7th November 2022, 28th November 2022, 2nd January 2023, 23rd January 2023, 13th February 2023, 13th March 2023, 17th April 2023, 8th May 2023, 5th June 2023, 26th June 2023

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