



# YOUR MENU @

**CALVERTON  
PRIMARY SCHOOL**

----- Autumn - Winter 2022 / 2023 -----

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>First Choice</b>	Meatball Marinara in a Sub Roll with Coleslaw <sup>ND</sup>	Lamb Lasagne with Garlic Bread <sup>ND</sup>	Roast Turkey & Stuffing with Roast Potatoes	Greek Style Souvlaki Chicken with Rice	Fish Fingers with Chips
<b>Second Choice</b>	Quorn Frankfurter Hot Dog with Wedges <sup>V</sup>	Lamb Burger with Herby Diced Potatoes	BBQ Chicken in Folded Flatbread	Jacket Potatoes with Cheese or Tuna	Chicken Strips with Chips <sup>V</sup>
<b>Vegetarian Choice</b>	Vegetarian Mixed Bean & Pasta Bake <sup>PB</sup>	Vegetarian Koftas in Flatbread with Salad <sup>V</sup>	Autumn Vegetable Tart with Roast Potatoes <sup>V</sup>	Cheese & Tomato Pizza with Wedges <sup>V</sup>	Veggie Dippers with Chips <sup>PB</sup>
<b>Vegetable Selection</b>	Baked Beans Green Beans	Broccoli Sweetcorn	Cabbage Potatoes	Cauliflower Mixed Vegetables	Garden Peas Baked Beans
<b>Dessert of the Day</b>	Apple Crumble with Custard <sup>SS</sup>	Fruit & Jelly with Ice Cream	Cinnamon Rice Pudding <sup>SS</sup>	Frozen Yogurt with Fruit	Fruit Platter

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

**WEEK 1**

31 Oct, 21 Nov, 12 Dec, 2 Jan, 23 Jan, 20 Feb, 13 Mar

MEAT SERVED AT THIS SCHOOL IS HALAL

KEY: <sup>V</sup> - Vegetarian <sup>PB</sup> - Plant Based <sup>SS</sup> - Sugar Smart  
<sup>ND</sup> - New Dish <sup>FGR</sup> - In association with Forest Green Rovers

Eat for Free Scheme funded by

Newham London



**DINEin**  
AND DISCOVER





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----- Autumn - Winter 2022 / 2023 -----

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>First Choice</b>	Chicken Sausages with Mashed Potatoes	Lamb & Vegetable Curry Rice	Roast Chicken & Yorkshire Pudding with Roast Potatoes	Chicken Stir Fry with Noodles <sup>ND</sup>	Fish in Batter with Jacket Wedges
<b>Second Choice</b>	Piri Piri Chicken Pasta Bake	Jacket Potato with Cheese & Beans or Tuna Mayo	Spinach & Feta Whirl with Roast Potatoes <sup>V</sup>	Chicken Nuggets with Rice	Kickin' Chicken Burrito with Wedges
<b>Vegetarian Choice</b>	Cheese & Onion Slice with Mashed Potatoes <sup>V</sup>	Sweet Potato Macaroni Cheese <sup>V</sup>	Southern Style Burger in a Bun with Salad <sup>V</sup>	Cheese & Tomato Pizza <sup>V</sup>	Vegetarian Sausage Roll with Wedges <sup>V</sup>
<b>Vegetable Selection</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Garden Peas Baked Beans
<b>Dessert of the Day</b>	Raspberry Ice Cream Sponge Roll	Marble Cake & Custard <sup>SS</sup>	Mandarin Cheesecake	Lemon & Courgette Cake with Custard <sup>SS</sup>	Waffles with Fruit & Ice Cream

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

**WEEK 2**

7 Nov, 28 Nov, 19 Dec, 9 Jan, 30 Jan, 27 Feb, 20 Mar

MEAT SERVED AT THIS SCHOOL IS HALAL

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----- Autumn - Winter 2022 / 2023 -----

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Chicken Burger in a Bun with Jacket Wedges	Spaghetti Bolognese with Garlic Bread	Roast Turkey with Yorkshire Pudding & Roast Potatoes	Chicken & Vegetable Pie with Mashed Potatoes	Fish Fingers with Jacket Wedges
Second Choice	Fishwich served with Chips	Fish in Batter with Herby Diced Potatoes	Red Pepper Frittata with Roast Potatoes <sup>V</sup>	Chicken Hot Dog With Mashed Potatoes	Tandoori Chicken in Naan Bread with Salad
Vegetarian Choice	Roasted Vegetable Pasta <sup>V</sup>	Pizza served with Herby Diced Potatoes <sup>V</sup>	Veggie "Toad in the Hole" with Roast Potatoes <sup>V</sup>	Quorn & Pepper Wrap <sup>V</sup>	Veggie Keema served with Rice & Naan <sup>V</sup>
Vegetable Selection	Carrots Green Beans	Peas Sweetcorn	Seasonal Vegetables	Cauliflower Broccoli	Garden Peas Baked Beans
Dessert of the Day	Frozen Yoghurt with Fruit	Banana & Honey Slice <sup>ND</sup> <sup>SS</sup>	Fruit & Whipped Cream <sup>SS</sup>	Sticky Orange Sponge with Custard <sup>SS</sup>	Strawberry Mousse

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

**WEEK 3**

14 Nov, 5 Dec, 16 Jan, 6 Feb, 6 Mar, 27 Mar

MEAT SERVED AT THIS SCHOOL IS HALAL

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<sup>ND</sup> - New Dish <sup>FGR</sup> - In association with Forest Green Rovers

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