

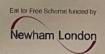
YOUR MENU @

Autumn - Winter 2022 / 2023

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

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

MEAT SERVED AT THIS SCHOOL IS HALAL

















YOUR MENU@

Autumn - Winter 2022 / 2023

WEEK 2

Monday

Tuesday

Wednesday

Thursday

Friday

First Choice

with Mashed Potatoes

Second Choice

Vegetarian Choice

Vegetable Selection

Dessert of the Day

Daily Options

Est for Free Scheme lunded by

Newham London

Chicken Sausages

Piri Piri Chicken **Pasta Bake**

Cheese & Onion Slice with Mashed Potatoes

Seasonal Vegetables

Raspberry Ice Cream Sponge Roll

Lamb & Vegetable **Curry Rice**

Jacket Potato with Cheese & Beans or Tuna Mayo

Sweet Potato

Seasonal Vegetables

Macaroni Cheese

Marble Cake & Custard

Roast Chicken & Yorkshire Pudding with Roast Potatoes

Spinach & Feta Whirl with Roast Potatoes

Southern Style Burger in a Bun with Salad

Seasonal Vegetables

Mandarin Cheesecake

Chicken Stir Fry with Noodles

Chicken Nuggets with Rice

Cheese & Tomato Pizza

Seasonal Vegetables

Lemon & Courgette Cake with Custard

Fish in Batter with **Jacket Wedges**

Kickin! Chicken **Burrito with Wedges**

Vegetarian Sausage **Roll with Wedges**

> **Garden Peas Baked Beans**

Waffles with Fruit & Ice Cream

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

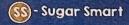
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YOUR MENU@

CALVERTON PRIMARY SCHOOL

– Autumn - Winter 2022 / 2023 –

WEEK 3

Monday

Chicken Burger in a

Bun with

Jacket Wedges

Fishwich

served with Chips

Roasted Vegetable

Pasta

Carrots

Green Beans

Frozen Yoghurt

with Fruit

Tuesday

Wednesday

Thursday

Friday

First Choice

Second Choice

Vegetarian Choice

Vegetable Selection

Dessert of the Day

Daily Options

Spaghetti Bolognese with Garlic Bread

Fish in Batter with **Herby Diced Potatoes**

Pizza served with **Herby Diced Potatoes**

Sweetcorn

Banana & Honey Slice OD SS

Roast Turkey with Yorkshire Pudding & **Roast Potatoes**

Red Pepper Frittata with Roast Potatoes

Veggie "Toad in the Hole" with Roast Potatoes

Seasonal Vegetables

Fruit & Whipped Cream (6) Chicken & Vegetable Pie with Mashed **Potatoes**

Chicken Hot Dog With Mashed Potatoes

Quorn & Pepper Wrap

Cauliflower Broccoli

Sticky Orange Sponge with Custard (6)

Fish Fingers with Jacket Wedges

Tandoori Chicken in Naan Bread with Salad

Veggie Keema served with Rice & Naan

> **Garden Peas Baked Beans**

Strawberry Mousse

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

