



# AUTUMN/WINTER MENU CYCLE WEEK THREE

WALSGRAVE  
PRIMARY SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Sweet and sour chicken	Toad in the hole	Chicken goujon on brioche roll	Grilled sausage, scrambled egg, bread and butter	Fish of the day
VEGETARIAN COURSE	Pizza muffin	BBQ pulled Quorn on mini brioche	Quorn and vegetable chow mein	Vegetarian breakfast	Vegetable quesadilla
VEGETABLE	Sweetcorn	Peas or sweetcorn	Mini corn on the cob	Baked beans	Mushy peas or baked beans
SIDES	Wholegrain rice or wedges	Herby roast potatoes	Spaghetti in tomato sauce	Hash browns	Chips
DESSERT	Fruity chocolate bake yoghurt or fresh fruit	Iced lemon drizzle sponge, yoghurt or fresh fruit	Home-made tiffin, yoghurt or fresh fruit	Sticky toffee pudding, yoghurt or fresh fruit	Cookies, yoghurt or fresh fruit

*Fresh Baked Bread served Daily*



**Food Allergies and Intolerance**  
If you require information on allergens or suffer from a food intolerance, please speak to a Team Member before you order your food and drinks.



# MONDAY

## WEEK THREE



## LUNCH

Sweet &  
sour chicken

Pizza muffin

Sweetcorn

Wedges or  
wholegrain rice

## DESSERT

Fruity chocolate bake

Yoghurt or fresh fruit

# TUESDAY

## WEEK THREE



## LUNCH

Toad in the hole

BBQ pulled Quorn  
on mini brioche

Peas or sweetcorn

Herby roast potatoes

## DESSERT

Iced lemon  
drizzle sponge

Yoghurt or fresh fruit

# WEDNESDAY

## WEEK THREE



## LUNCH

Chicken goujons  
on brioche roll

Quorn and  
vegetable chow mein

Mini corn on the cob

Spaghetti in tomato sauce

## DESSERT

Homemade tiffin

Yoghurt or fresh fruit

# THURSDAY

## WEEK THREE



## LUNCH

Grilled sausage,  
scrambled egg, bread  
and butter

Vegetarian breakfast

Baked beans

Hash browns

## DESSERT

Sticky toffee pudding

Yoghurt or fresh fruit

# FRIDAY

## WEEK THREE



## LUNCH

Fish of the day

Vegetable quesadilla

Mushy peas  
or baked beans

Chips

## DESSERT

Cookies



Yoghurt or fresh fruit