

# HALAL

## THREE WEEK MENU

### AUTUMN/WINTER 2022

OUR NEW  
MENU CHOSEN  
BY PARENTS  
AND CHILDREN



YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



# WEEK 1 MENU

W/C: 31/10, 21/11, 12/12, 02/01, 23/01, 06/03, 27/03,



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	<b>Macaroni Cheese</b> Served with Peas and Carrots	<b>Chicken Pie</b> Served with Mashed Potato and Gravy	<b>Roast Turkey</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> Served with Wholemeal Pasta, Broccoli and Sweetcorn	<b>Breaded Fish</b> Served with Chips, Peas and Beans
Alternative Dish	<b>Vegetarian Sausage</b> Served with Mashed Potato and Gravy	<b>Cheese and Tomato Pizza</b> Served with Sweetcorn and Salad	<b>Vegan Sausage Casserole</b> Served with Carrots and Cabbage	<b>Vegetarian Bolognese</b> Served with Wholemeal Pasta, Broccoli and Sweetcorn	<b>Quorn Dippers</b> Served with Chips, Peas and Beans
Third Choice	-	<b>Jacket Potato with Salmon Mayonnaise</b>	-	-	-
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato/Pasta	<b>Tomato Pasta</b>	<b>Jacket Potato</b> With a choice of fillings	<b>Tomato Pasta</b>	<b>Jacket Potato</b> With a choice of fillings	<b>Tomato Pasta</b>
Vegetables	<b>Carrots and Peas</b>	<b>Sweetcorn and Fresh Salad</b>	<b>Carrots and Cabbage</b>	<b>Fresh Broccoli and Sweetcorn</b>	<b>Peas and Beans</b>
Mid Morning Snacks	<b>Hot Chocolate Sponge</b>	<b>Carrot &amp; Pineapple Slice</b>	<b>Cheese &amp; Tomato Slice</b>	<b>Banana Oatie Bite</b>	<b>Ice Cream Milkshake with Shortbread</b>

**PACKED LUNCH – AVAILABLE DAILY**  
 CHICKEN OR CHEESE SANDWICH OR DAILY SPECIAL  
 VEG STICKS AND FRESH FRUIT  
 DESSERT OF THE DAY

**AVAILABLE EVERY DAY**  
 WATER, SALAD, FRESHLY BAKED BREAD  
 YOGHURT AND FRESH FRUIT

**Vegetarian**
**Oily fish**
**Wholegrain**
**Fruity!**
**Nutritionist's choice**

# WEEK 2 MENU

W/C: 07/11, 28/11, 09/01, 30/01, 20/02, 13/03,



## MONDAY

## TUESDAY

## WEDNESDAY





## THURSDAY

## FRIDAY

AUTUMN/WINTER 2022

<b>Hot Main Dish</b>	<b>Cheese and Tomato Pizza</b>   Served with Carrot and Cucumber Sticks	<b>Chicken Noodle Stir Fry</b> Served with Peas and Broccoli	<b>Roast Chicken</b>  Served with Yorkshire Pudding, Mashed Potato and Gravy	<b>Beef Lasagne</b> Served with Sweetcorn and Green Beans	<b>Breaded Fish</b> Served with Chips, Peas and Beans
<b>Alternative Dish</b>	<b>Mixed Bean Pasta</b>     Served with Tomato Pizza Bread	<b>Sweet Chilli Vegetable Noodles</b>   Served with Peas and Broccoli	<b>Vegetable Pie</b>  Served with Mashed Potato and Gravy	<b>Cauliflower and Sweet Potato Masala</b>    Served with Wholemeal Rice, Sweetcorn and Green Beans	<b>Vegetable Burger</b>  Served with Chips, Peas and Beans
<b>Salads</b>	<b>Freshly Prepared Salads</b> Available every day				
<b>Jacket Potato/Pasta</b>	 <b>Tomato Pasta</b>   Wholemeal Pasta with homemade Tomato Sauce	<b>Jacket Potato</b>   With a choice of fillings	<b>Tomato Pasta</b>    Wholemeal Pasta with homemade Tomato Sauce	<b>Jacket Potato</b>   With a choice of fillings	 <b>Tomato Pasta</b>   Wholemeal Pasta with homemade Tomato Sauce
<b>Vegetables</b>	<b>Carrot and Cucumber sticks</b>	<b>Peas and Broccoli</b>	<b>Carrots and Cabbage</b>	<b>Sweetcorn and Green Beans</b>	<b>Peas and Beans</b>
<b>Mid Morning Snack</b>	<b>Jam Sponge</b>	<b>Orange Shortbread</b>  	<b>Banana &amp; Carrot Slice</b>	<b>Raspberry Ripple Slice</b>  	<b>Strawberry Milkshake served with Fresh Fruit</b>

**AVAILABLE EVERY DAY**  
WATER, SALAD, FRESHLY BAKED BREAD  
YOGHURT AND FRESH FRUIT

 **Vegetarian**  **Oily fish**  **Wholegrain**  **Fruity!**  **Nutritionist's choice**

# WEEK 3 MENU

W/C: 14/11, 05/12, 16/01, 06/02, 27/02, 20/03,



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

<b>Hot Main Dish</b>	<b>Cheese &amp; Tomato Pizza</b> Served with Peas and Carrots	<b>Sweet and Sour Chicken</b> Served with Wholemeal Rice	<b>Roast Turkey</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> Served with Wholemeal Pasta, Sweetcorn and Green Beans	<b>Southern Fried Chicken</b> Served with Chips, Peas and Beans
<b>Alternative Dish</b>	<b>Vegetable Chilli</b> Served with Wholemeal Rice	<b>Vegetable Chow Mein</b> Served with Broccoli and Sweetcorn	<b>Vegetable Pastry Roll</b> Served with Roast Potatoes and Tasty Gravy	<b>Vegetarian Cottage Pie</b> Served with Sweetcorn, Green Beans and Gravy	<b>Vegan Meatballs in Tomato Sauce</b> Served with Chips, Peas and Beans
<b>Salads</b>	<b>Freshly Prepared Salads</b> Available every day				
<b>Jacket Potato</b>	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato Sauce	<b>Jacket Potato</b> With a choice of fillings	 <b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato Sauce	<b>Jacket Potato</b> With a choice of fillings	 <b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato Sauce
<b>Vegetables</b>	<b>Peas and Carrots</b>	<b>Broccoli and Sweetcorn</b>	<b>Carrots and Cabbage</b>	<b>Sweetcorn and Green Beans</b>	<b>Peas and Beans</b>
<b>Dessert</b>	<b>Toasted Bagel</b>	<b>Orange Shortbread</b>	<b>Lemon Drizzle Slice</b>	<b>Orange, Sultana and Carrot Slice</b>	<b>Chocolate Milkshake served with Chocolate Biscuit</b>

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD  
YOGHURT AND FRESH FRUIT

Vegetarian Fruity! Wholegrain Nutritionist's choice Oily fish