



MENU

Feed Me Secondary Autumn/Winter 2023					
Week 1	Monday - Veggie/Plant +	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Margarita Pizza and Wedges	Sausage & Mashed Potatoes with Gravy	Roast of the day with Roast Potatoes, Stuffing & gravy	Beef Bolognaise with Pasta	Fish and Chips
Veg 1	Macaroni Cheese VE	Vegan Sausage with Mashed Potatoes and Gravy VE	Sweet Potato Chana Masala with Bombay Potatoes VE	Tomato Pasta V	Chicken Drumstick and Chips - VE
Grab and Go	Bean Empanadas V	Veggie Noodles VE	Tandori Wings with Bombay potatoes with Slaw	Jerk Chicken with Rice & Peas	Veggie Nuggets with Chips
Dessert 1 Baked	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Cinnamon Sponge Fresh Fruit and Yoghurt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly



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Week 2	Monday - Veggie/Plant +	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Beany Chilli with Rice	Chicken Pie with Mashed Potatoes and Gravy	Roast of the Day with Roast Potatoes, Stuffing and Gravy	Chef's Special Chicken Curry with Rice	Fish Bar and Chips
Veg 1	Halloumi Burger with Wedges and Slaw VE	Veggie Burrito	Philly Cheesesteak with Wedges and Siracha Slaw	Sweet potato Vegetable Jalfrezi with Rice	Spring Rolls and Chips VE
Grab and Go	Pizza and Wedges	Chipotle Chicken Sweet Potato bowl with corn salsa	Cajun Chicken Sandwich/Flatbread with Wedges and Sweet Chilli Slaw V	Chicken Wrap	Goujons and Chips
Dessert	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Plum Pudding Cake Fresh Fruit and Yoghurt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly



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Week 3	Monday - Veggie	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Pizza and Chips	Chicken Laska with Rice	Roast of the Day with Roast Potatoes, Stuffing and Gravy	Peri Peri Chicken with Spicy Rice and Minted Peas	Fish Bar and Chips
Veg 1	Samosa with Curried Rice VE	Thai style Friend Rice with Edamame	Quorn Roast Fillet with Roast Potatoes, Stuffing and Gravy VE	Roasted Vegetable Lasagne V	Onion Bahji Wrap with Mango Sauce
Grab and Go	Chickpea & Spinach Curry with Rice	Pizza and Wedges	Beef Meatball Sub with Wedges	Veggie Yaki Noodles	Chicken Wings & Chips
Dessert 1 Baked	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Vegan Sweet Potato and Ginger Cake Fresh Fruit and Yoghurt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly