

# Menu 2023

## JANUARY - JULY



with **The Greens**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1 - 2/01/23, 23/01/23, 20/02/23, 13/03/23, 17/04/23, 8/05/23, 5/06/23, 26/06/23, 17/07/23</b>				
Vegetable Curry and Rice	Chicken and Sweetcorn Pie with Mashed Potatoes	Beef Casserole with Roasted Potatoes and Gravy	BBQ Chicken with Rice	Fish Fingers with Tomato Sauce and Chips
Sweetcorn and Pepper Pizza	Macaroni Cheese	Creamy Vegetable Crumble	Tomato and Basil Pasta	Cheese and Tomato Quiche with Chips
Jacket Potato with Vegetable Curry	Jacket Potato with Baked Beans	Cheese and Tomato Baguette	Jacket Potato with BBQ Chicken	Jacket Potato with Tuna Mayonnaise
Sweetcorn and Green Beans	Carrots and Swede	Cabbage and Parsnips	Cauliflower and Roasted Vegetables	Garden Peas and Baked Beans
Toffee Apple Crumble and Custard	Chocolate Sponge and Chocolate Sauce	Butterscotch Cookie with Fruit Slices	Fruity Jelly with Ice Cream	Fruity Flapjack
<b>WEEK 2 - 9/01/23, 30/01/23, 27/02/23, 20/03/23, 24/04/23, 15/05/23, 12/06/23, 3/07/23</b>				
Cheese and Tomato Pizza	Chicken Noodles	Classic Sausage and Mash with Onion Gravy	Cheesy Beef Bolognese Pasta Bake	Breaded Fish Fillet with Tomato Sauce and Chips
Veggie Sausage Puff with Jacket Wedges	Cheesy Courgette Sausages with New Potatoes	Shepherdess Pie	Vegetable Chilli with Rice	Cheese and Onion Pasty with Chips
Cheese Salad Baguette	Jacket Potato with Baked Beans	Tuna and Sweetcorn Baguette	Jacket Potato with Bolognese	Cheese Baguette
Green Beans and Crunchy Coleslaw	Broccoli and Swede	Cabbage and Carrot	Sweetcorn and Broccoli	Garden Peas and Baked Beans
Pineapple Cake and Custard	Rice Pudding with Fruit Compote	Mini Vanilla Shortbread Finger and Strawberry Mousse	Strawberry Jelly with Mandarins	Coconut Melting Moment with Pineapple
<b>WEEK 3 - 16/01/23, 6/02/23, 6/03/23, 27/03/23, 1/05/23, 22/05/23, 19/06/23, 10/07/23</b>				
Roasted Vegetable Pasta Bake	Beef Burger in a Soft Bun with Jacket Wedges	Roast Chicken with Stuffing and Roast Potatoes	Chicken Curry with Rice	Fish Fingers or Salmon Fish Fingers with Tomato Sauce and Chips
Vegetable Hot Dog served with Tomato Sauce and a half Jacket Potato	Falafal Wrap with Jacket Wedges	Vegetable Pasty with Roast Potatoes and Gravy	Veggie Sausage and Tomato Pasta Bake	Cheese Quiche with Chips
Jacket Potato with Baked Beans	Cheese and Cucumber Baguette	Tuna Mayonnaise Baguette	Jacket Potato with Chicken Curry	Cheese and Tomato Baguette
Sweetcorn and Roasted Vegetables	Green Beans and Broccoli	Swede and Cabbage	Carrots and Cauliflower	Garden Peas and Baked Beans
Pear and Chocolate Cake with Custard	Sticky Toffee Pudding with Custard	Berry Muffin	Peachy Jelly with Yoghurt	Mini Custard Biscuit with Lemon Mousse

**Served Daily**      Freshly Baked Bread      Seasonal Vegetables/Salads      Fresh Fruit      EasiYo Yoghurt



### UNIVERSAL INFANT FREE SCHOOL MEALS

Don't forget that all **Reception, Year 1** and **Year 2** pupils can enjoy a **school meal without charge every day** irrespective of income. **However, don't forget to still register if you are entitled to Free School Meals - this is very important for your school's funding!**

### FREE SCHOOL MEALS- LOW INCOME

Are you missing out? To check free school meal entitlement please contact your school office.

### FOOD ALLERGIES AND INTOLERANCES

Autograph's award winning special diets process ensures that all pupils with allergies and intolerances can enjoy school meals with their friends.

If your child has a food allergy, intolerance or other special dietary requirement please do not hesitate to contact your local Autograph Office.

Alternatively you can request the 'Allergies & Intolerances Referral Form' from your school; all completed forms must be supported with medical referral.

### A WORD FROM YOUR LOCAL TEAM

We are very proud of the freshly produced quality food that we feed your children, these lunches will help your children with their social skills and expand their tastes.

**If you have any feedback on the menus or ideas for new recipes please let us know.**

### CONTACT US

If you have any questions on our service, or would like to enquire about employment opportunities with Autograph, please contact [catering.helpdesk@mitie.com](mailto:catering.helpdesk@mitie.com)

Look out for the VE symbol on our menu for some tasty vegan options.  
Dishes with wholegrain ingredients to increase fibre and promote healthy digestion.  
Dishes which contain an extra half portion of vegetables (in addition to the vegetables and salads served as an accompaniment with every meal).  
Desserts which contain at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!

Jan-Jul 2023 - Lon-OldOak

