

The White Rose Federation Autumn/Winter Term Menu Week 1
 – w/c 6th & 27th Nov, 18th Dec, 22nd Jan, 19th Feb and 11th March 2024

Child's Name										
	MEAT FREE Monday		Tuesday		Wednesday		Thursday		Friday	
Main Dish	Margherita Pizza with baked potato wedges		Traditional Cottage Pie		Roast Chicken with Yorkshire pudding, new potatoes & gravy		Beef Burger in a Bun with baked potato wedges		Fish fingers with chunky chips	
Vegetarian Option			Quorn Mince Cottage Pie Pb		Quorn Chicken with Yorkshire pudding, new potatoes & gravy		Quorn Burger in a Bun with baked potato wedges		Veggie Fingers with chunky chips Pb	
Jacket Potato	Jacket potato with beans, cheese, or tuna (please circle)		Jacket potato with beans, cheese, or tuna (please circle)		Jacket potato with beans, cheese, or tuna (please circle)		Jacket potato with beans, cheese, or tuna (please circle)		Jacket potato with beans, cheese, or tuna (please circle)	
Panini Option	Cheese panini		Cheese panini		Tuna panini		Tuna panini		Cheese panini	
Accompaniments	Seasonal vegetables, salad bar and bread served daily to accompany every meal chosen									
Dessert OR	Chocolate cookie		5 A DAY Banana Bread		Pb Apple & oat cookie		Fruit Sponge and custard		5 A DAY Jelly and ice-cream	
Fresh Fruit or Yoghurt	Fresh fruit/yoghurt		Fresh fruit/yoghurt		Fresh fruit/yoghurt		Fresh fruit/yoghurt		Fresh fruit/yoghurt	
Any dietary requirements										

☐ Please tick if you would like a paper copy of your completed menu sending home

Try something NEW today...
 Variety is key to a healthy diet.

MENU Mellors



KEY



- 1 OF YOUR 5 A DAY



- MEAT-FREE MONDAY



- CHEF'S CHOICE



- PLANT-BASED (VEGAN)