

The White Rose Federation Autumn/Winter Term Menu Week 3

– w/c 20th Nov, 11th Dec, 15th Jan, 5th Feb and 4th Mar 2024

Child's Name									
	<div><div>MEAT FREE</div><div>Monday</div></div>		Tuesday		Wednesday		Thursday		Friday
Main Dish	Veggie Calzone Pizza with baked potato wedges		Chicken Korma with rice		Roast Pork with Yorkshire pudding, roast potatoes & gravy		Lasagne with garlic bread		Breaded fish fingers in a bun with chunky chips
Vegetarian Option			<div><div>Pb</div><div>Quorn Mince Korma with rice</div></div>		Vegetarian Toad in the Hole, with roast potatoes & gravy		Veggie Lasagne with garlic bread		Veggie hot dog with <div><div>Pb</div><div>chunky chips</div></div>
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		Tuna panini		Cheese panini		Tuna panini		Cheese panini
Accompaniments	<div><div>5</div><div>A DAY</div></div> Seasonal vegetables, salad bar and bread served daily to accompany every meal chosen								
Dessert OR	Sticky toffee pudding and custard		Lemon drizzle cake		<div><div>5</div><div>A DAY</div></div> Orange shortbread		Chocolate muffin bun		Fruit jelly
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 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)