

## Alwyn Autumn / Winter 2022 Menu

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week 1</b> 05/09/2022 26/09/2022 17/10/2022 14/11/2022 05/12/2022 09/01/2023 30/01/2023	Option 1	Cheesy Swirl with New Potatoes	Chicken Curry with Rice	Roast Chicken with Stuffing, Roast Potatoes and Gravy	<b>Build a Burger Day</b> A choice of Burger (meat, or vegan) with Toppings and Potato Wedges	Fishfingers with Chips
	Option 2	Tomato Pasta	Aubergine and Potato Curry with Rice	Crunchy Top Veg Bake with Roast Potatoes	<b>BUILD A BURGER</b>	Cheese Omelette with Chips
	Vegetables	Cauliflower Green Beans	Peas Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
	Dessert	Pear and Chocolate Crumble with Custard	Yoghurt & Raisin Cake	Fresh Fruit and Yoghurt Station	Seasonal Root Cake	Vanilla Shortbread
	Or a choice of Yoghurt & Fresh Fruit available daily					
<b>Week 2</b> 12/09/2022 03/10/2022 31/10/2022 21/11/2022 12/12/2022 16/01/2023 06/02/2023	Option 1	<b>Mac and Cheese Station</b> A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Chicken Pie with Mashed Potato	Sausage, Onions and Gravy with Roast Potatoes	Spaghetti Bolognese with Garlic Bread	Fishfingers with Chips
	Option 2		Veggie Shepherd's Pie with Gravy	Cauliflower and Broccoli Cheese with Roast Potatoes	Vegetable Fajitas with Rice	Mexican Roll with Chips
	Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Brussel Sprouts	Green Beans Roasted Butternut Squash	Peas Baked Beans
	Dessert	Jelly with Mandarins	Chocolate Drizzle Cake	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard	Oaty Cookie
	Or a choice of Yoghurt & Fresh Fruit available daily					
<b>Week 3</b> 19/09/2022 10/10/2022 07/11/2022 28/11/2022 02/01/2023 23/01/2023 13/02/2023	Option 1	Cheese and Tomato Pizza	Sausage Roll with Potato Wedges	<b>Quirky Bird</b> A choice of flavoured chicken or vegan Quorn, With Potato Wedges and Salads	Sticky Chicken Noodles	Fishfingers with Chips
	Option 2	Veggie Chilli with Rice	Veggie Sausage with Potato Wedges		Chinese Vegetable Curry with Rice	Cheese Quiche with Chips
	Vegetables	Green Beans Carrots	Baked Beans Sweetcorn	Cauliflower Peas	Broccoli Carrots	Mushy Peas Baked Beans
	Dessert	Marble Cake	Chocolate Cookie	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard	Apple, Cheese and Crackers
	Or a choice of Yoghurt & Fresh Fruit available daily					

### Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

### ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.