












# Autumn Winter 2022 BEP Menu

-  Added Plant Power
-  Vegan
-  Wholemeal

|   | Monday     | Tuesday  | Wednesday   | Thursday   | Friday  |  |
|---|------------|--|---|--|---|--|
| <b>Week One W/C</b><br>29.08.22<br>19.09.22<br>10.10.22<br>07.11.22<br>28.11.22 | 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><br>A choice of Burger (meat, veggie or vegan) <br>Toppings and Potato Wedges | Fishfingers/ Salmon Fishfingers with Chips   |
|   | Option 2   | Tomato Pasta  | Veggie Wrap Stack with Rice  | Crunchy Top Veg Bake with Roast Potatoes  |   | 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 Two W/C</b><br>05.09.22<br>26.09.22<br>24.10.22<br>14.11.22<br>05.12.22 | Option 1   | <b>Mac and Cheese Station</b> <br>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 Three W/C</b><br>12.09.22<br>03.10.22<br>31.10.22<br>21.11.22<br>12.12.22 | Option 1   | Cheese and Tomato Pizza  | Sausage Roll with Potato Wedges   | <b>Quirky Bird</b><br>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.