



MENU

Vegetarian =

Vegan =

Feed Me Secondary Autumn/Winter 2023

Week 1	Monday - Veggie/Plant +	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Dry aubergine Curry with Cous Cous	Chicken Sausage and Mashed Potatoes with Gravy.	Roast of the Day with Roast Potatoes, Stuffing, and Gravy	Beef Lasagne	Fish Bar and Chips
Veg 1	Macaroni Cheese (V)	Vegan Sausage with Mashed Potatoes and Gravy	Sweet Potato Chana Masala with Bombay Potatoes	Kale Pesto Pasta	Veggie Nuggets with Chips
Grab and Go	Bean Empanadas with Spicy Sweetcorn Salad	Crispy Chickpea Noodles	Tandoori Wings with Bombay Potatoes with Slaw	Jerk Chicken with Rice and Peas	Fish Finger Gyros
Dessert 1 Baked	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Cinnamon Sponge Fresh Fruit and Yoghurt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly



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Week 2	Monday - Veggie/Plant +	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Halloumi Burger with Slaw	Pie Bar with Mash and Gravy	Roast of the Day with Roast Potatoes, Stuffing, and Gravy	Chef's Special Chicken Curry with Rice	Fish Bar and Chips
Veg 1	Butternut Squash and Chickpea Tagine	Veg Burrito	Best Chickpea Burger with Sweet/Potato Wedges and Slaw	Pasta Primavera	Spring Rolls with Chips, Sweet Chilli Sauce and Slaw
Grab and Go	Teriyaki Noodles	Birria Pork/Chicken Soft Taco	Philly Cheesesteak with Wedges and Siracha Slaw	Sweet Potato and Vegetable Jalfrezi with Rice	Salmon Katsu Curry with Rice or Chips and Slaw
Dessert	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Plum Pudding Cake Fresh Fruit and Yoghurt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly



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Week 3	Monday - Veggie	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Spanish Omelette 	Chicken Laksa with Noodles/Rice	Roast of the Day with Roast Potatoes, Stuffing, and Gravy	Peri Peri Chicken with Spicy Rice and Minted Peas	Fish Bar and Chips 
Veg 1	Future 50 Samosa with Curried Rice 	Thai Style Fried Rice with Edamame 	Quorn Roast Fillet with Roast Potatoes, Stuffing and Gravy 	Roasted Vegetable Lasagne 	Onion Bhaji Wrap with Mango Sauce 
Grab and Go	Chickpea and Spinach Curry with Rice 	Carbonara Pizza 	Beef Meatball Bake (greek or reg) with Roasted New Potatoes	Veggie Yaki Noodles 	Loaded Sausage and Chips with Curry Sauce
Dessert 1 Baked	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Vegan Sweet Potato and Ginger Cake  Fresh Fruit and Yoghurt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly