
















# Autumn Winter 2022 BEP Menu

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One W/C</b> 02.01.23 23.01.23 20.02.23 13.03.23 03.04.23	Option 1	Cheesy Pasta Bake	Chicken Casserole with Rice 	Roast Chicken with Stuffing, Roast Potatoes and Gravy	<b>Build a Burger Day</b> A choice of Burger (meat, veggie or vegan) 	Fish Fingers with Chips
	Option 2	Tomato Pasta 	Veggie Wrap Stack with Rice 	Crunchy Top Veg Bake with Roast Potatoes 	Toppings and Potato Wedges 	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 Ice-cream 
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Two W/C</b> 09.01.23 30.01.23 27.02.23 20.03.23 10.04.23	Option 1	<b>Mac and Cheese Station</b>  A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Creamy Chicken Chasseur with Mashed Potato 	Fish Fingers with Wedges	Spaghetti Bolognese with Garlic Bread 	Sausage 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 ice cream 
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Three W/C</b> 16.01.23 06.02.23 06.03.23 27.03.23	Option 1	Cheese and Tomato Pizza 	Sausage Roll with Potato Wedges	<b>Quirky Bird</b>  A choice of flavoured Diced chicken or vegan Quorn, With Potato Wedges and Salads 	Chicken Pasta Bake 	Fishfingers with Chips
	Option 2	Veggie Chilli with Rice 	Veggie Sausage with Potato Wedges 		Vegetable Pasta Bake 	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 ice-cream
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.