










The White Rose Federation Autumn Term Menu Week 1

– w/c 4.9.23, 25.9.23 & 16.9.23

Child's Name					
	 Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Cheesy pasta bake	Chicken wrap with savoury rice	Roast chicken, with Yorkshire pudding, roast potatoes & gravy	 Pork meatballs with wholemeal pasta	Fish fingers or salmon fingers with chunky chips
Vegetarian Option		Quorn wrap with savoury rice	Quorn fillet with Yorkshire pudding, roast potatoes & gravy 	 Falafel with wholemeal pasta	
Jacket Potato or Sandwich Option	Jacket potato with cheese or beans or tuna (please circle one)	Cheese or tuna panini (please circle one) 	Jacket potato with cheese or beans or tuna (please circle one) 	Cheese or tuna panini (please circle one)	Jacket potato with cheese or beans or tuna (please circle one)
Accompaniments 	Seasonal vegetables or salad bar	Seasonal vegetables or salad bar	Seasonal vegetables or salad bar	Seasonal vegetables or salad bar	Seasonal vegetables or salad bar
Dessert OR	Upside down cheesecake 	Lemon drizzle cake	Oat cookie	Chocolate muffin	Carrot cake 
Fresh Fruit or Yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
Any dietary requirements					

Try something NEW today...
Variety is key to a healthy diet.

MENU





KEY



- 1 OF YOUR 5 A DAY



- MEAT-FREE MONDAY



- CHEF'S CHOICE



- PLANT-BASED (VEGAN)