

West Vale – Autumn/ Winter Term Weekly Menu 2021

Week 1

MONDAY

Pork or Quorn sausage in gravy with Mashed Potato

Veg chilli with rice

Jacket potato with beans or cheese

Sides

Broccoli
Carrots

Dessert

Jam Sponge with Custard
Vanilla ice cream
Yoghurt *
Fruit *

TUESDAY

Cottage pie

Veg cottage pie

Jumbo pizza panini

Side

Sweetcorn
Green beans

Dessert

Cheesecake
Chocolate Ice Cream
Yoghurt *
Fruit *

WEDNESDAY

Gammon with roast potatoes

Quorn fillet with roast potatoes

Vegetable lasagne

Jacket Potato with Cheese or Tuna (V)

Sides

Peas
Baked beans

Dessert

Chocolate fudge cake
Mandarin jelly
Yoghurt *
Fruit *

THURSDAY

Cheese and Tomato Pizza with French fries (V)

Macaroni Cheese (V)

Sides

Peas
Spaghetti hoops

Dessert

Sticky Toffee Sponge with Custard
Strawberry ice cream
Yoghurt *
Fruit *

FRIDAY

Battered fish with mashed potato(v)

Quorn burger in gravy with mashed potato

Jumbo Cheesy melt panini

Sides

Cauliflower
Broccoli

Dessert

Oat cookie
Ice cream sponge roll
Yoghurt *
Fruit *

Week 2

MONDAY

Hot dog with potato wedges
Quorn dog with potato wedges

Veg Shepherds pie

Jacket Potato with Tuna Mayo or Cheese

Sides

Mixed vegetables
Baked beans

Dessert

Marble Sponge with Choc Custard
Vanilla ice cream
Yoghurt *
Fruit *

TUESDAY

Beef lasagne with garlic bread

Quorn lasagne with garlic bread

Jumbo Tuna melt panini (V)

Sides

Sweetcorn
Green beans

Dessert

Jam pasty with Custard
Decorated jelly
Yoghurt *
Fruit *

WEDNESDAY

Chicken casserole with Yorkshire pudding

Quorn casserole with Yorkshire pudding

Salmon and broccoli pasta bake

Jacket potato with cheese or beans (v)

Sides

Spring cabbage
Cauliflower

Dessert

Chocolate cookie
Strawberry ice cream
Yoghurt *
Fruit *

THURSDAY

Cheese and Tomato Pizza with potato Smiles (v)

Cheese and tomato pasta with crusty bread

Sides

Peas
Baked Beans

Dessert

Chocolate Sponge with Custard
Rice pudding with peaches
Yoghurt *
Fruit *

FRIDAY

Chicken burger in a bun

Southern style quorn burger in a bun

Pizza panini

Sides

Sweetcorn
Spaghetti hoops

Dessert

Fruit flapjack
Choc ice cream
Yoghurt *
Fruit *

Week 3

Healthy Choice
Higher in Fat
Higher in Sugar

MONDAY

Sausage roll with new potatoes

Quorn sausage roll with new potatoes

Veg hot pot with French bread

Jacket potato with beans

Sides

Broccoli
Cabbage

Dessert

Lemon sponge with custard
Cheese and crackers
Yoghurt *
Fruit *

TUESDAY

Pasta bolognaise with garlic bread

Veg bolognaise with garlic bread

Ham and cheese panini or Pizza panini

Sides

Peas
French beans

Dessert

Apple sponge with Custard
Strawberry ice cream
Yoghurt *
Fruit *

WEDNESDAY

Roast chicken with mashed potatoes

Quorn sausage with mashed potato

Cheese and chorizo omelette

Sides

Diced carrot
Broccoli

Dessert

Fruit muffin
Fruit Jelly
Yoghurt *
Fruit *

THURSDAY

Cheese & Tomato Pizza (v) and fresh potato Wedges

Fisherman's pie

Sides

Peas
Baked Beans

Dessert

Chocolate Brownie
Vanilla ice cream
Yoghurt *
Fruit *

FRIDAY

Chicken nuggets with chips

Vegetable nuggets with chips (v)

Jumbo veggie meatball panini

Sides

Spaghetti hoops
Sweetcorn

Dessert

Bakewell tart with custard
Choc ice cream
Yoghurt *
Fruit *

All our food is mainly home produced and all cooked fresh on site

Fresh salad, fruit and bread available daily

Our menu conforms to the [School Foods Standards](#)

All desserts are suitable for vegetarians

We aim to reduce sugar levels in our desserts by 25% and replace with fruit where possible