



# Autumn Winter Menu

## Week 1

### MONDAY

Chicken Tikka, Rice & Naan (WG,M),  
Vegetarian Tikka  
Oaty Flapjack & Custard (WG, M)

### TUESDAY

Cottage Pie, Broccoli & Carrots (M)  
Quorn Cottage Pie  
(WG, M, F)  
Choc Chip Flapjack (M,WG)

### WEDNESDAY

Butchers Sausages, Mashed Potato &  
Broccoli (WG,M)  
Vegetarian Sausages (WG)  
Watermelon Salad

### THURSDAY

Chicken Wrap, Wedges &  
Corn Coblett/ Salad  
Vegetarian Ravioli (WG)  
Syrup Sponge & Custard (M,F,WG,S)

### FRIDAY

Fish Fingers, Chips & Baked Beans (WG,F)  
Vegetable Nuggets (WG)  
Jam Sponge & Custard ((M,E,WG,S)

## Week 2

### MONDAY

Chicken Korma with Rice and Naan  
(WG,M)  
Quorn Korma  
Lemon Sponge & Custard  
(WG, M, F, S)

### TUESDAY

Beef Lasagne, Sweetcorn and Peas  
With Garlic Bread  
(WG,EMSEMU)  
Vegetarian Lasagne (WG,EMSEMU)  
Iced Sprinkle Sponge (M,F,WG)

### WEDNESDAY

Roast Chicken, Potatoes, Stuffing & Gravy  
(WG,MU,EM)  
Cheese and Onion Puff (WG,EM,MU)  
Peach Crumble & Custard (WG,M)

### THURSDAY

Meat Feast Pizza & Wedges (WG,M)  
Cheese & Mushroom Pizza (WG)  
White Cookie (M,WG,F)

### FRIDAY

Sausage Chips & Baked Beans (WG)  
Vegetarian Sausage  
Chocolate Brownie (M,E,S)

## Week 3

### MONDAY

Sweet & Sour Chicken, Rice & Naan  
(WG,M)  
Sweet & Sour Vegetables (WG)  
Spotted Dick & Custard  
(M,WG)

### TUESDAY

Beef Stew, Roast Potato + Brocoli  
(WG,M)  
Vegetarian Roasted Pasta Bake (WG)  
Rhubarb Crumble (M,WG)

### WEDNESDAY

Savoury Mince, Roast Potatoes,  
Yorkshire Pudding & Vegetables  
(WG,M)  
Roasted vegetable Bake  
Chocolate Chip Muffin (M,WG)

### THURSDAY

Beef Burger, Wedges, Coleslaw/Sweetcorn  
(WG,F)  
Vegetarian Burger (WG)  
Fruit Cocktail and Ice Cream (M)

### FRIDAY

Battered Cod, Chips & Beans (WG,F)  
Vegetable Sausage Roll (WG, S)  
Pineapple Shortbread (WG,M,S)

Week 1 = 22/11/21, 13/12/21, 17/01/22, 07/02/22, 07/03/22, 28/03/22

Week 2 = 29/11/21, 03/01/22, 24/01/22, 21/02/22, 14/03/22

Week 3 = 06/12/21, 10/01/22, 31/01/22, 28/02/22, 21/03/22,





# THE OLIVE GROVE



Dear Parents/Carers

Our menus are devised using a healthy and nutritional approach to school food. We use fresh meat straight from our local butcher who delivers to us on the morning it is being prepared and they also supply our sausages and homemade burgers. Our fruit and vegetables are from a local supplier who offer British grown seasonal produce.



## ALLERGENS

You will see on our menu we have highlighted the Allergens contained within our meals. Please see the chart below and if you have any queries regarding your child's allergies please do not hesitate to contact us.

WG=Wheat Gluten M=Milk E=Eggs  
S=Soya MU=Mustard  
SU=Sulphites F=Fish SE=Sesame  
C=Celery L=Lupin  
P=Peanuts N=Nuts M=Molluscs  
CR=Crustaceans

### FRESHLY PREPARED

All meals are cooked fresh and on site. Jacket potatoes are available daily with a selection of fillings alongside our Pasta King with a range of sauces. We also have a salad bar, yoghurts and fresh bread available every lunchtime.



*THOUGH NO NUTS ARE USED IN OUR RECIPES  
SOME PRODUCTS MAYBE PRODUCED IN A FACTORY  
WHERE NUTS ARE PROCESSED*