

Autumn Winter 2022-23

The Federation of Spixworth Schools

Week One Dates 24/10, 14/11, 05/12, 26/12, 16/01, 06/02, 27/02, 20/03

Week 1	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheese & Tomato Pizza Slice & Half Jacket Potato	Chinese Chicken, Vegetables & Noodles	Roast Turkey Roast Potatoes & Gravy	Chicken Burger & Potato Wedges	Fish Fingers & Chips
Vegetarian Main Meal Option		Macaroni Cheese	Roast Veggie Balls, Roast Potatoes & Gravy	Veggie Chilli & Mixed Rice	Cheese & Onion Pastry Roll & Chips
Vegetable Selection	Green Beans Sweetcorn	Garden Peas Carrots	Cauliflower Seasonal Greens	Sweetcorn Mixed Salad	Baked Beans Garden Peas
Jacket Potato Options	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans or Salmon & Mayonnaise				
Dessert	Vanilla Crunch	Ginger Sponge & Custard	Ice Cream & Fruit	Shortbread Finger & Fruit Wedges	Chocolate Crunch

Week Two Dates 31/10, 21/11, 12/12, 02/01, 23/01, 13/02, 06/03, 27/03

Week 2	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheese & Tomato Pizza Slice & Jacket Wedges	Turkey Pasta Bolognese	Roast Chicken, Roast Potatoes & Gravy	Chicken Meatballs, Tomato Sauce & Mixed Rice	Fish & Chips
Vegetarian Main Meal Option		Tomato & Basil Pasta	Roast Veggie Balls, Roast Potatoes & Gravy	Veggie Burger & Potato Wedges	Macaroni Cheese
Vegetable Selection	Sweetcorn Garden Peas	Green Beans Cauliflower	Carrots Savoy Cabbage	Sweetcorn Carrots	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans or Salmon & Mayonnaise				
Dessert	Oaty Crunchy Biscuit	Shortbread Finger & Fruit Wedges	Jelly & Mandarins	Jam Sponge & Custard	Chocolate Brownie

Week Three Dates 07/11, 28/11, 19/12, 09/01, 30/01, 20/02, 13/03, 03/04

Week 3	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheese & Tomato Pizza Slice with Half a Jacket Potato	Chicken Pie with Mashed Potato	Roast Chicken Roast Potatoes & Gravy	Sausage with Potato Wedges	Fish Fingers & Chips
Vegetarian Main Meal Option		Macaroni Cheese	Roast Veggie Meatballs, Roast Potatoes & Gravy	Veggie Mince Pasta Bolognese	Vegetable Korma Curry with Mixed Rice
Vegetable Selection	Mixed Vegetables Garden Salad	Carrots Sweetcorn	Winter Greens Cauliflower	Baked Beans Carrots	Baked Beans Garden Peas
Jacket Potato Options	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans or Salmon & Mayonnaise				
Dessert	Hob Nob Cookie with Apple Slices	Jelly & Mandarins	Flapjack Finger	Lemon Drizzle Cake	Frozen Toffee Yoghurt

PACKED LUNCH BASKETS AVAILABLE

Fresh Bread, Salad, Fruit and Yoghurts Available Daily