SCHOOL MEALS

Available daily as an alternative: - Filled jacket potatoes and a selection of sandwiches served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, fruit yoghurt, soreen and cheese & biscuits

Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.













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Meat Free Monday

Homemade Macaroni Cheese

Vegetarian Sausage Roll baked diced potatoes and beans

Strawberry Ripple Ice Cream Roll

Tuesday

Cooks choice curry served with 50/50 rice

Baked fishcake, baked potato waffles, Peas and sweetcorn

> Fresh Fruit Segments or voghurt

Wednesday

Sausage with creamed potatoes, gravy served with seasonal fresh carrots and peas

> V Hot Tuna Panini served with coleslaw, sweetcorn and salad

Homemade Blueberry Cake

Thursday

Cooks choice Homemade Lasagne or Pasta Bake served with seasonal vegetables

A Homemade Cheese Flan served with baked jacket wedges sweetcorn and salad

v Jelly and Fruit

Frīday

v Oven baked Fish Fingers served with chunky chipped potatoes, garden peas or baked beans

v Crumb Coated Chicken served with chunky chipped potatoes, garden peas or baked beans

Homemade Shortbread Biscuit

## Maralen Style

Meat Free Monday

Margarita Pizza served with baked jacket wedges and sweetcorn

Baked Falafel with Couscous And salad

Raspberry Ripple Ice Cream Roll

Tuesday

¥ Roast Turkey with sage and onion stuffing served with roast & creamed potatoes, seasonal fresh carrots and broccoli and gravy

∀ Chilli Beef served with 50/50 rice

Fresh Fruit Salad or Yoghurt

Wednesday

√ Spaghetti Bołognese Served with mixed vegetables

SeSpicy Quorn served with savoury rice and mixed vegetables

V Jelly and Fruit

Thursday

w Chicken curry and rice

V Selection of filled wraps

Cooks choice Homemade Carrot Cake or Banana and Oat Cake

Friday

w Oven baked Battered Salmon served with chunky chipped potatoes garden peas or baked beans

∨ Chicken goujons Served with chunky chipped potatoes garden peas or baked beans

Homemade cooks choice Biscuit

## Waalanika

Meat Free Monday

Homemade Tomato and Mascarpone Pasta Bake served with seasonal vegetables

Quorn Nuggets with baked herby diced potatoes, and sweetcorn

Chocolate Ice Cream Roll

Tuesday V Roast+

TURKEY

sage & onion stuffing served with gravy, roast & creamed potatoes, seasonal fresh carrot and cabbage

👺 Vegetarian Burger in a bun Baked wedged potatoes, colesiaw and sweetcorn

> Fresh Fruit Segments or Yoghurt

Wednesday ∀ Chicken Tikka Masala served with 50/50 rice

> ∨ Baguette Pizza served with fresh salad and coleslaw

> > Apple Crumble and Custard

Thursday

Pork Meatballs in homemade tomato and basil sauce served with wholemeal pasta and garden peas

> CHEESE FLAN WITH WEDGES & REAS

> > v Jelly and Fruit

Friday

v Crumb coated chicken Served with chunky chipped potatoes, garden peas or baked beans

v Oven baked Battered Fish served with chunky chipped potatoes, garden peas or baked beans

Homemade Biscuit or Cookie





= Vegetarian  $\forall$  = Vegetarian substitute available Lunch will be served with fresh milk or drinking water. All homemade dishes contain additional vegetables.

For allergen and dietary help please contact school meals helpdesk on 01925 443082 or visit our website www.warrington.gov.uk/schoolmeals



