



Spring Term Menu



MORE THAN JUST A MEAL

WEEK ONE

Choose from either...

- M** Breaded Chicken Fillet **DE**
- V** Vegetable & Cheese Bake **E**
- JP** Cheese **GE**

Served with
Crispy Diced Potatoes **DBE**

Dessert
Vanilla & Chocolate
Mousse **GE**

Choose from either...

- M** Sausage Roll* **DE**
- V** Vegetarian Sausage Roll **DE**
- JP** Chicken Korma **GE**

Served with
Wedges **DBE**

Dessert
Vegan Pancake **DE**

Choose from either...

- M** Roast Turkey and Gravy **DBE**
- V** Roast Quorn and Gravy **GD**
- JP** Tuna & Sweetcorn with Mayo **GD**

Served with
Roast Potatoes **DBE**

Dessert
Fresh Fruit **DBE** /Yoghurt **GE**

Choose from either...

- M** Pasta Bolognese **DE**
- V** Cheese, Tomato and Potato Bake **GE**
- JP** Baked Beans **DBE**

Dessert

Mini Apple & Raspberry
Doughnut **DE**

Choose from either...

- M** Fish Fingers **DE**
- V** Veggie Nuggets **DE**
- JP** Cheese **GE**

Served with
Saute Potatoes **DBE**

Dessert
Chocolate Muffin

WEEK TWO

Choose from either...

- M** Pork Meatballs & Tomato Sauce* **DE**
- V** Veggie Balls and Tomato Sauce **DE**
- JP** Cheese **GE**

Served with
Pasta **DE**

Dessert
Ice Cream **GE**

Choose from either...

- M** Beef Burger **DE**
- V** Veggie Burger **DE**
- JP** Tuna & Sweetcorn with Mayo **GD**

Served with
Potato Bites **DBE**

Dessert
Mini-Biscuit Pack **E**

Choose from either...

- M** Chicken in Tomato Sauce **DBE**
- V** Lentil Casserole **DBE**
- JP** Baked Beans **DBE**

Served with
Rice **DBE**

Dessert
Blueberry Muffin

Choose from either...

- M** Roast Ham and Gravy* **DBE**
- V** Cheese & Tomato Quiche
- JP** Cheese **GE**

Served with
Roast Potatoes **DBE**

Dessert
Fresh Fruit **DBE** /Yoghurt **GE**

Choose from either...

- M** Bubble Coated Fish **DBE**
- V** Quorn Dippers
- JP** Beef Bolognese **DBE**

Served with
Crispy Diced Potatoes **DBE**

Dessert
Fruit Flapjack **DE**

WEEK THREE

Choose from either...

- M** Chicken Korma **GE**
- V** Vegetable & Chickpea Korma **GE**
- JP** Baked Beans **DBE**

Served with
Naan Bread **DBE**

Dessert
Chocolate Cake **GD**

Choose from either...

- M** Pork Sausages with Mash* **E**
- V** Veggie Lasagne **E**
- JP** Tuna & Sweetcorn with Mayo **GD**

Dessert

Apple & Caramel Traycake

Choose from either...

- M** Roast Chicken and Gravy **DBE**
- V** Cauliflower Cheese **E**
- JP** Salmon, Cream Cheese & Chives **GE**

Served with
Roast Potatoes **DBE**

Dessert
Fresh Fruit **DBE** /Yoghurt **GE**

Choose from either...

- M** Pasta with Herby Tomato Sauce **DE**
- V** Pizza Tart with Chips **E**
- JP** Baked Beans **DBE**

Dessert

Vanilla & Strawberry
Mousse **GE**

Choose from either...

- M** Baked Battered Cod **DE**
- V** Veggie Sausages **DE**
- JP** Cheese **GE**

Served with
Saute Potatoes **DBE**

Dessert
Choc Chip Cookie

Check the Schedule

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3			
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

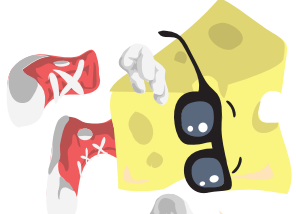


MORE THAN JUST A MEAL

WWW.HOTMEALSONWHEELS.COM

- D** - Dairy Free
- G** - Gluten Free
- E** - Egg Free
- *** - Contains Pork

All meals are served with vegetables



Please note: We work from a nut free premises but some purchased items may contain traces of nuts

Allergies and Free-From Meals

On our menu, after each meal are some, or one, or no letters - either D, G or E. These refer to allergies that affect some children.

- D** - Signifies that a meal is Dairy Free
- G** - Signifies that a meal is Gluten Free
- E** - Signifies that a meal is Egg Free

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free and one that is Egg Free. All our meals are Nut Free.

If your child has any of these special dietary requirements, please be sure to tick the box for the meal that suits your child each day.

Our seasonal menu is written using the School Food Plan guidelines and includes a variety of different protein sources, oily fish, two 50% fruit-based desserts a week and a meat-free day...

Check the Schedule overleaf

IF YOU COME DOWN TO THE WOODS TODAY...

Choose from

M Hot Dog **DE** *

Chunky Chips **GDSE** and Cucumber and Carrot Sticks

Served with

V Vegetarian Dog **DE**

Dessert

JP Baked Beans Jacket **GDSE**

Raisin Cookie

Jan 21st

