



The Forest School
Every Child, Every Chance

Autumn 2023/24 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One WC 4 Sept WC 25 Sept WC 16 Oct WC 13 Nov WC 4 Dec	Main Meal	Homemade Margherita Pizza, served with Wedges	Chilli Con Carne with 50/50 Rice	Roast Chicken Served with Roasted Baby Potatoes and Rich Onion Gravy	Tuna Pasta Bake with Garlic Bread 🍃	Fish Finger Wrap, with Chips
	Vegetarian Meal	Meatless Meatballs with Spaghetti & Garlic Bread 🍃🍃	Vegetarian Lasagne 🍃	Macaroni Cheese 🍃	Vegetarian Sausages & Mash 🍃	Vegetable Fingers, with Chips 🍃
	Vegetables	Peas & Sweetcorn	Broccoli & Carrots	Broccoli & White Cabbage	Carrots & Sweetcorn	Garden Peas & Baked Beans
	Dessert	Courgette Cake & Custard or Fruit Pot	Lemon Drizzle Cake & Custard or Fruit Salad	Peaches & Cream or Fruit Kebabs	Chocolate Muffin or Fruit Pot	Fruit Jelly & Ice Cream or Fruit Boat
Week Two WC 11 Sept WC 2 Oct WC 23 Oct WC 20 Nov WC 11 Dec	Main Meal	Cheese Whirl with New Potatoes	Sausages & Mash with Gravy	Roast Gammon and Stuffing, Served with Roast Potatoes and Gravy	Bacon Carbonara Served with Garlic Bread 🍃	Battered Fish, served with Chips & a slice of Lemon
	Vegetarian Meal	Tomato and Basil Penne Pasta served with Garlic Bread 🍃🍃	Vegetarian Spaghetti Bolognese 🍃🍃	Quorn Fillet and Stuffing served with Roast Potatoes and Gravy 🍃	Vegetarian Curry with 50/50 Rice 🍃	Quorn Sausages and Chips 🍃
	Vegetables	Peas & Carrots	Carrots & Sweetcorn	Baton Carrots & Broccoli	Peas & Broccoli	Garden Peas & Baked Beans
	Dessert	Apple Crumble & Custard or Fruit Salad	Carrot Cake or Fruit Kebab	Fruity Flapjack or Fruit Boat	Lemon Shortbread Biscuit or Fruit Kebab	Beetroot Brownie or Fruit Salad
Week Three WC 18 Sept WC 9 Oct WC 6 Nov WC 27 Nov WC 18 Dec	Main Meal	Homemade Margherita Pizza, served with Wedges	Homemade Chicken Curry with Basmati Rice	Roast Turkey Served with Roasted Baby Potatoes and Rich Onion Gravy	Turkey Fajita's served with Rainbow Slaw and Rainbow Rice	Salmon Fishcake, served with Chips
	Vegetarian Meal	Vegetarian Sausage & Mash 🍃	Vegetable Chilli served with 50/50 Rice 🍃	Vegetarian Cottage Pie 🍃	Cheese & Tomato Pasta with Garlic Bread 🍃🍃	Fish-less Fingers, served with Chips 🍃
	Vegetables	Green Beans & Sweetcorn	Broccoli & Peas	Medley of Seasonal Vegetables	Peas & Sweetcorn	Garden Peas & Baked Beans
	Dessert	Chocolate Muffin or Fruit Kebab	Orange Shortbread & Custard or Fruit Boat	Jelly or Fruit Kebab	Fruit Jelly or Fruit Salad	Cherry Flapjack or Fruit Kebab

Available Daily:

- Freshly baked jacket potatoes with a choice of fillings
- Selection of sandwiches • Fresh bread
- Cheese & crackers • Salad selection
- Whole fresh fruit • Yoghurts

Menu Key:

- 🍃 Vegetarian
- 🍃 Wholemeal
- 🚫 May Contain Nuts

Allergies:

If you would like to know about particular allergens in food please ask a member of the catering staff.



WELLSPRING
Catering Team
We Bake A Difference