



**The Forest School**  
Every Child, Every Chance

## Autumn 2024 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> WC 2nd September 2024 & 23rd September 2024	Main Meal	Pork Sausage Roll, served with Wedges	Pasta Bolognese with Garlic Bread	Roast Gammon Dinner with Roast Potatoes and Gravy	Crispy Chicken Burger with Barbecue sauce and Herby Diced potatoes	Fish Fingers served with Chips
	Vegetarian Meal	Vegan Sausage Roll, served with Wedges	Tomato & Basil Pasta with Garlic Bread	Vegan Quorn Fillet with Roast Potatoes & Gravy	Southern Style Quorn Burger and Herby Diced potatoes	Vegan Nuggets served with Chips
	Vegetables	Peas & Sweetcorn	Peas & Carrots	Medley of Seasonal Vegetables	Carrots & Sweetcorn	Garden Peas Or Baked Beans
	Carb	Potato Wedges	Garlic Bread	Roast Potatoes	Herby Diced Potatoes	Chips
	Dessert	Ice Cream with Berries or Fruit Pot	Double Chocolate Brownie or Fruit Pot	Strawberry Delight Mousse or Fruit Pot	Chocolate Muffin or Fruit Pot	Fruit Jelly & Ice Cream or Fruit Pot
<b>Week Two</b> WC 9th September 2024 & 30th September 2024	Main Meal	Pepperoni Pizza	Sausage and Mash with Gravy	Roast Beef & Yorkshire Pudding, served with Roast Potatoes and Gravy	Chicken Korma with Rice and Naan Bread	Battered Fish, Served with Chips & a slice of Lemon
	Vegetarian Meal	Cheese & Tomato Pizza	Vegan Sausage and Mash with Gravy	Vegetarian Cottage Pie and Gravy	Spinach and Chickpea Korma with Rice and Naan Bread	Cheesy Quorn Quesadilla served with Chips
	Vegetables	Peas & Cauliflower	Broccoli & Carrots	Medley of Seasonal Vegetables	Carrots & Green Beans	Garden Peas Or Baked Beans
	Carb	Seasoned Wedges	Mashed Potatoes	Roast Potatoes	Rice & Naan Bread	Chips
	Dessert	Ice Cream Sponge Roll or Fruit Pot	Apple Cake or Fruit Pot	Chocolate Sponge and Chocolate Sauce or Fruit Pot	Fruit Jelly or Fruit Pot	Shortbread Biscuit or Fruit Pot
<b>Week Three</b> WC 16th September 2024 & 7th October 2024	Main Meal	Bacon & Cheese Turnover served with Crispy Diced Potatoes	Beef Lasagne with Garlic Bread	Roast Chicken & Stuffing with Roast Baby Potatoes and Gravy	Piri Piri Chicken with Seasoned Wedges and Coleslaw	Fishfingers served with Chips
	Vegetarian Meal	Meatless Meatball Sloppy Joe with Crispy Diced Potatoes	Macaroni Cheese with Garlic Bread	Vegan Quorn Fillet with Roasted Baby Potatoes & Gravy	Smoky Bean Enchilada with Seasoned Wedges	Veggie Fingers served with Chips
	Vegetables	Green Beans & Carrots	Broccoli & Cauliflower	Medley of Seasonal Vegetables	Sweetcorn & Salad	Garden Peas Or Baked Beans
	Carb	Crispy Diced Potatoes	Garlic Bread	Roasted Baby Potatoes	Seasoned Wedges	Chips
	Dessert	Chocolate Delight Mousse or Fruit Pot	Strawberry Swirl Biscuit or Fruit Pot	Cheesecake or Fruit Pot	Iced Vanilla Sponge or Fruit Pot	Golden Syrup Flapjack or Fruit Pot

**Available Daily:**

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

## Allergies:

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