THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN

CHILDREN

west sussex county council

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



SPRING/SUMMER 2022

25-Apr 16-May 06-Jun 27-Jun 18-Jul 08-Aug 29-Aug 19-Sep 10-Oct 31-Oct 21-Nov 12-Dec 02-Jan 23-Jan 13-Feb 06-Mar 27-Mar

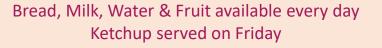






	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Sausages, Mash & Gravy Pork & beef sausages in gravy	Macaroni Cheese ✓ Macaroni in a creamy cheese sauce	Roast Chicken with Roast Potatoes and Gravy Roast chicken with roasties and gravy	Cheese & Tomato Pizza	Fish & Chips Our traditional Friday favourite
Alternative Dish	Butternut Squash & Chickpea Curry & Rice Chunky vegetables in a mild curry sauce	Mild Bean Chilli & Rice W W Baked bean chilli and fluffy rice	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy • Chunky sweet potato and chickpea roast	Beef Pasta Bolognese A classic Italian beef bolognese in tomato sauce	Dippers and Chips ▼ Crispy Quorn nuggets
Jacket Potato	Jacket Potato with Salmon Mayo 🧩	Jacket Potato 🤴 ♥ with Veggie Bolognese	Jacket Potato with Cheese	Jacket Potato 🛶 with Baked Beans 💟	Jacket Potato with Cheese
Vegetables	Golden Sweetcorn or Salad	Rainbow Vegetables or Salad	Carrots and Cabbage	Garden Peas or Salad	Baked Beans or Salad
Desserts	Smooth Fruit Yoghurt	Apple, Orange & Melon Fruit Bowl	Cranberry Shortbread Biscuit	Pear & Chocolate Sponge	Jammy Jack Flapjack















SPRING/SUMMER 2022

02-May 23-May 13-Jun 04-Jul 25-Jul 15-Aug 05-Sep 26-Sep 17-Oct 07-Nov 28-Nov 19-Dec 09-Jan 30-Jan 20-Feb 13-Mar 03-Apr







	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Chicken Korma & Rice Mild creamy korma sauce and fluffy rice	Cheese & Tomato Pizza O Deep base pizza with a cheese & tomato topping	Roast Ham with Roast Potatoes and Gravy Ham in gravy with roasties and gravy	Classic Beef Burger Served with salad & diced potatoes	Fish & Chips Our traditional Friday favourite
Alternative Dish	Quorn Sausage, Mash & Gravy	Beef Pasta Bolognese A classic Italian beef bolognese in tomato sauce	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy Chunky sweet potato and chickpea roast	Mild Bean Chilli & Rice Melli Wellion Baked bean chilli and fluffy rice	Cheese & Vegetable Frittata & Chips
Jacket Potato	Jacket Potato v With Cheese	Jacket Potato v With Baked Beans	Jacket Potato With Tuna Mayo	Jacket Potato With Cheese ♥	Jacket Potato 💿 🤲 With veggie bolognese
Vegetables	Garden Peas or Salad	Green Beans or Salad	Carrots and Cabbage	Golden Sweetcorn or Salad	Baked Beans or Salad
Desserts	Cranberry Shortbread Biscuit	Smooth Fruit Yoghurt	Pear & Chocolate Sponge	Apple, Orange & Melon Fruit Bowl 🍏	Muesli Flapjack

















SPRING/SUMMER 2022

09-May 30-May 20-Jun 11-Jul 01-Aug 22-Aug 12-Sep 03-Oct 24-Oct 14-Nov 05-Dec 26-Dec 16-Jan 06-Feb 27-Feb 20-Mar 10-Apr







	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Macaroni Cheese Macaroni in a creamy cheese sauce	Sausages, Mash & Gravy Pork & beef sausages in gravy	Roast Beef with Roast Potatoes and Gravy Sliced roast beef with roasties and gravy	Cheese & Tomato Pizza O Deep base pizza with a cheese & tomato topping	Fish & Chips Our traditional Friday favourite
Alternative Dish	Chicken Tikka Masala & Rice & Mild tikka sauce and fluffy rice	Cheese & Tomato Pasta O Creamy cheese & tomato sauce with pasta	Quorn Sausage with Roast Potatoes and Gravy Quorn Sausage in rich gravy with roasties	Butternut Squash & Chickpea Curry & Rice	Veggie Burger & Chips
Jacket Potato	Jacket Potato With Tuna Mayo	Jacket Potato ॐ With Baked Beans ◎	Jacket Potato With Cheese	Jacket Potato ⊙ ॐ With Veggie Bolognese	Jacket Potato With Cheese
Vegetables	Green Beans or Salad	Garden Peas or Salad	Carrots and Cabbage	Rainbow Vegetables or Salad	Baked Beans or Salad
Desserts	Jammy Jack Flapjack	Apple, Orange & Melon Fruit Bowl 🍏	Pineapple Sponge	Smooth Fruit Yoghurt	Muesli Flapjack



