



YOUR MENU @

**VICARAGE
PRIMARY SCHOOL**

----- Autumn - Winter 2023/24 -----

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Sweet Chilli Meatballs with Rice	Lamb Tikka Massala served with Raita & Naan Bread	Roast Chicken & Yorkshire Pudding served with Roast Potatoes	Shepherd's Pie	Chicken Tikka Pizza served with Jacket Wedges
Vegetarian Choice	Sweet Chilli Vegetarian Meatballs with Rice V	Chickpea and Potato Curry served with Raita & Naan Bread V	Sweet Pepper & Feta Frittata with Roast Potatoes V	Vegetable Samosa served with Rice & Dhal PB	Pizza Slice served with Jacket Wedges V
Vegetable Selection	Sweetcorn Salad	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Seasonal fresh Vegetables	Coleslaw Salad
Dessert of the Day	Fresh Fruit, Yoghurt or Cheese and Crackers	Fresh Fruit, Yoghurt or Cheese and Crackers	Fresh Fruit, Yoghurt or Cheese and Crackers	Fresh Fruit, Yoghurt or Cheese and Crackers	Fruit Pudding and Custard SS

Daily Options

Jacket Potatoes with Cheese, Beans, or Tuna / Freshly Baked Bread

WEEK 1

30 OCT, 20 NOV, 11 DEC, 1 JAN, 22 JAN, 19 FEB, 11 MAR

MEAT SERVED AT THIS SCHOOL IS HALAL

Eat for Free Scheme funded by



KEY: V - Vegetarian PB - Plant Based SS - Sugar Smart
ND - New Dish FGR - In association with Forest Green Rovers

DINEin
AND DISCOVER



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----- Autumn - Winter 2023/24 -----

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Chicken Sausages with Mashed Potatoes	Pasta Bake served with Garlic Bread	Roast Chicken & Yorkshire Pudding with Roast Potatoes	Greek Style Souvlaki Chicken with Rice	Fish Fingers with Herby Diced Potatoes
Vegetarian Choice	Veggie Sausages with Mashed Potatoes V	Sweet Potato Macaroni Cheese with Garlic Bread V	Cheese & Leek Flan served with Roast Potatoes V	Vegetarian Koftas in Flatbread with Greek Salad V	Vegetarian Burrito with Herby Diced Potatoes V
Vegetable Selection	Sweetcorn Fresh Broccoli	Fresh Carrots Green Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Coleslaw Salad
Dessert of the Day	Fresh Fruit, Yoghurt or Cheese and Crackers	Fresh Fruit, Yoghurt or Cheese and Crackers	Fresh Fruit, Yoghurt or Cheese and Crackers	Fresh Fruit, Yoghurt or Cheese and Crackers	Pineapple Cheesecake

Daily Options

Jacket Potatoes with Cheese, Beans, or Tuna / Freshly Baked Bread

WEEK 2

6 NOV, 27 NOV, 18 DEC, 8 JAN, 29 JAN, 26 FEB, 18 MAR

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----- Autumn - Winter 2023/24 -----

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Lamb Burger in a Bun with Salad & Jacket Wedges	Peri Peri Chicken with Rice	Roast Chicken served with Yorkshire Pudding & Roast Potatoes	Chicken & Vegetable Pie with Chips	Sausage Roll with Herby Diced Potatoes
Vegetarian Choice	Veggie Burger in a Bun with Salad & Jacket Wedges V	Thai Style Veggie Rice Bowl PB	Veggie 'Toad in the Hole' with Roast Potatoes V	Cheese and Onion Pasty Served with Chips V	Vegetarian Sausage Roll with Herby Diced Potatoes PB
Vegetable Selection	Sweetcorn Salad	Sweetcorn Fresh Broccoli	Seasonal Fresh Vegetables	Peas Sweetcorn	Coleslaw Baked Beans
Dessert of the Day	Fresh Fruit, Yoghurt or Cheese and Crackers	Fresh Fruit, Yoghurt or Cheese and Crackers	Fresh Fruit, Yoghurt or Cheese and Crackers	Fresh Fruit, Yoghurt or Cheese and Crackers	Chocolate Sponge & Chocolate Custard SS (egg free)

Daily Options

Jacket Potatoes with Cheese, Beans, or Tuna / Freshly Baked Bread

WEEK 3

13 NOV 4 DEC 15 JAN 5 FEB 4 MAR 25 MAR

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