



Autumn / Winter Menu 22/23

Week 1 Menu - Weeks Commencing 31.10.22, 21.11.22, 12.12.22



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Sweet & Sour Chicken with Noodles	Sausage Sage & Onion Plait & Half a Jacket Potato	Roast Chicken with Sage & Onion, Roast Potatoes & Gravy	Beef Bolognese with Wholemeal Spaghetti	Cod Fish Fingers or Salmon Fish Fingers & Chips
Option 2	Curried Vegetable Risotto	Wholemeal Vegetable Pasta Bake topped with Vegan Cheese	Quorn Fillet Roast, Roast Potatoes & Gravy	5 Bean Chilli & Lentil Bake	Quorn Dipper & Chips
Option 3	Jacket Potato with Beans / Tuna Mayo / Cheese	Jacket Potato with Beans / Tuna Mayo / Cheese	Jacket Potato with Beans / Tuna Mayo / Cheese	Jacket Potato with Beans / Tuna Mayo / Cheese	Jacket Potato with Beans / Tuna Mayo / Cheese
Option 4	Ham / Tuna Mayo / Cheese Sandwich or Baguette	Ham / Tuna Mayo / Cheese Sandwich or Baguette	Ham / Tuna Mayo / Cheese Sandwich or Baguette	Ham / Tuna Mayo / Cheese Sandwich or Baguette	Ham / Tuna Mayo / Cheese Sandwich or Baguette
Vegetables	Green Peas & Sweetcorn	Green Beans & Peppers Carrot Batons	Cauliflower & Broccoli Parsnips	Sweetcorn Swede & Carrot	Peas Beans
Dessert	Marble Cake & Chocolate Sauce	Apple & Berry Crumble & Custard	Strawberry Angel Delight with Fruit	Jam Sponge & Custard	Beetroot Brownie & Cream

ALL MENU ITEMS ARE SUBJECT TO AMENDMENT DEPENDING ON SEASONAL AVAILABILITY

Chilled water is available throughout lunch. Bread, fresh fruit & yoghurts are available from the counter daily.

Any dietary requests and allergies must be notified to reception in advance to enable us to cater accordingly. The kitchen is a NUT FREE area. The Milestone School is committed to providing our pupils with freshly prepared and nutritionally balanced, tasty dishes that comply with the School Food Trust standards.

ALLERGY INFORMATION - Dairy Free, Gluten Free, Egg Free and Vegetarian options are available if requested. All relevant information is available by asking at reception.





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Week 2 Menu - Weeks Commencing 7.11.22, 28.11.22, 19.12.22



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	BBQ Pork Rib Steak with Salad & Half a Jacket Potato	Spanish Chicken with Wholegrain Rice	Roast Turkey with Roast Potatoes & Gravy	Chicken & Vegetable Pie topped with Mashed Potato	Fish Cake & Chips
Option 2	Vegan Mediterranean Pizza with Salad & Half a Jacket Potato	Vegetable Frittata	Vegetarian Sheperdess Hotpot with Roast Potatoes & Gravy	Chickpea & Butternut Squash Curry & Wholegrain Rice	Vegetarian Burger & Chips
Option 3	Jacket Potato with Beans / Tuna Mayo / Cheese	Jacket Potato with Beans / Tuna Mayo / Cheese	Jacket Potato with Beans / Tuna Mayo / Cheese	Jacket Potato with Beans / Tuna Mayo / Cheese	Jacket Potato with Beans / Tuna Mayo / Cheese
Option 4	Ham / Tuna Mayo / Cheese Sandwich or Baguette	Ham / Tuna Mayo / Cheese Sandwich or Baguette	Ham / Tuna Mayo / Cheese Sandwich or Baguette	Ham / Tuna Mayo / Cheese Sandwich or Baguette	Ham / Tuna Mayo / Cheese Sandwich or Baguette
Vegetables	Mixed Veg Medley Sweetcorn	Green Beans Mixed Peppers	Carrots Cabbage	Swede & Carrot Broccoli	Peas Beans
Dessert	Semolina with Jam	Chocolate Chip Sultana Cake & Custard	Mousse with Fruit	Fruit Crumble & Custard	Jelly Fruit

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Week 3 Menu - Weeks Commencing 14.11.22, 5.12.22



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Meatballs in Tomato & Basil Sauce with Wholegrain Rice	Chicken Pasta Bake	Gammon Steak & Roast Potatoes with White Sauce	Cottage Pie with Cheesy Mashed Potato	Breaded Scampi with Chips
Option 2	Vegan Broccoli & Cauliflower Cheese Bake	Lentil Chilli & Wholegrain Rice	Vegetable Wellington with Roast Potatoes & Gravy	Mixed Bean & Vegetable Pasta	Southern Fried Vegan Nuggets with Chips
Option 3	Jacket Potato with Beans / Tuna Mayo / Cheese	Jacket Potato with Beans / Tuna Mayo / Cheese	Jacket Potato with Beans / Tuna Mayo / Cheese	Jacket Potato with Beans / Tuna Mayo / Cheese	Jacket Potato with Beans / Tuna Mayo / Cheese
Option 4	Ham / Tuna Mayo / Cheese Sandwich or Baguette	Ham / Tuna Mayo / Cheese Sandwich or Baguette	Ham / Tuna Mayo / Cheese Sandwich or Baguette	Ham / Tuna Mayo / Cheese Sandwich or Baguette	Ham / Tuna Mayo / Cheese Sandwich or Baguette
Vegetables	Sweetcorn Carrots	Peas Sweetcorn	Cauliflower & Broccoli Carrots	Mixed Veg Medley Parsnips	Peas Beans
Dessert	Rice Pudding with Fruit Compote	Apple Crumble & Custard	Vanilla Ice Cream	Carrot Cake & Custard	Triple Chocolate Cookie

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