










**Autumn Winter 2022 Folly View Primary Menu**

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One</b> 31 Oct 21 Nov 12 Dec 9 Jan 30 Jan	Option 1	Cheesy Swirl with New Potatoes	Chicken Curry with Rice 	Roast of the Day with Stuffing, Roast Potatoes and Gravy 	<b>Build a Burger Day</b>  Beef Burger with a choice of Topping or Vegan Burger with a choice of Topping	Fishfingers with Chips
	Option 2	Tomato Pasta 	Veggie Wrap Stack with Rice 	Crunchy Top Veg Bake with Roast Potatoes 		Cheese Omelette with Chips
	Vegetables	Cauliflower Green Beans	Peas Sweetcorn	Carrot & Swede Mash Cabbage	Potato Wedges Sweetcorn Roasted Peppers	Peas Baked Beans
	Dessert	Pear and Chocolate Crumble with Custard 	Yoghurt & Raisin Cake	Fresh Fruit and Yoghurt Station	Seasonal Root Cake	Vanilla Shortbread 
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Two</b> 7 Nov 28 Nov 19 Dec 16 Jan 6 Feb	Option 1	Macaroni Cheese with a choice of meat toppings or Macaroni Cheese with a choice of vege toppings 	Chicken Pie with Mashed Potato 	Sausage, Onions and Gravy with Roast Potatoes	Spaghetti Bolognaise with Garlic Bread 	Fishfingers with Chips
	Option 2		Veggie Shepherd's Pie with Gravy 	Cauliflower and Broccoli Cheese with Roast Potatoes	Vegetable Fajitas with Rice 	Mexican Roll with Chips 
	Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Brussel Sprouts	Green Beans Roasted Butternut Squash	Peas Baked Beans
	Dessert	Jelly with Mandarins 	Chocolate Drizzle Cake	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard	Oaty Cookie 
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Three</b> 14 Nov 5 Dec 2 Jan 23 Jan	Option 1	Cheese and Tomato Pizza 	Sausage Roll with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Sticky Chicken Noodles 	Fishfingers with Chips
	Option 2	Veggie Chilli with Rice 	Veggie Sausage with Potato Wedges 	Roast Quorn Fillet with Roast Potatoes	Chinese Vegetable Curry with Rice 	Cheese Quiche with Chips
	Vegetables	Green Beans Carrots 	Baked Beans Sweetcorn 	Cauliflower Peas 	Broccoli Carrots 	Mushy Peas Baked Beans
	Dessert	Marble Cake	Chocolate Cookie 	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard	Apple, Cheese and Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						

**Available Daily:**

- Freshly cooked Jacket Potato with a choice of filling
- (Cheese each day) or Tuna Mayo (Mon-Thur) or Baked Beans (Friday)
- Bread freshly baked on site daily
- Daily salad selection

**ALLERGY INFORMATION:**  
If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.