

# Swansfield Park Primary School Winter Menu 2022

WEEK 1	Meat Free Monday	Around the World Tuesday	Roast Dinner Wednesday	Great British Thursday	Fishy Friday
Main Course	Macaroni Cheese and French Stick	Chilli and Rice Sweetcorn Tortilla Chips	Roast of the Day Seasonal Vegetables Yorkshire Pudding	Chicken Casserole Mashed Potato Seasonal Vegetables	Cod Fishcakes Chips and Peas
Dessert	Muffin	Rice Crispie Traybake	Iced Chocolate Cake	Rice Pudding and fruit sauce	Fruit Smoothie
K2	Jacket Potato Choice of Filling	Pasta with Tomato & Basil sauce	Sandwiches: choice of filling	Sausage in a Bun	Pizza Wrap

WEEK 2	Meat Free Monday	Around the World Tuesday	Roast Dinner Wednesday	Great British Thursday	Fishy Friday
Main Course	Meatless Meatballs and Pasta Seasonal Vegetables	Pizza, Beans and Wedges	Roast of the Day Seasonal Vegetables Yorkshire Pudding	Shepherd's Pie with Seasonal Vegetables	Fish, Chips and Peas
Dessert	Marble Cake	Chocolate Kracknel	Sticky Toffee Pudding and Custard	Banoffee Pie	Brownie
K2	Cheese Panini	Chilli Wrap	Sandwiches: choice of filling	BBQ Chicken Pasta Pot	Hot Roast Bun

WEEK 3	Meat Free Monday	Around the World Tuesday	Roast Dinner Wednesday	Great British Thursday	Fishy Friday
Main Course	Pasta Bake Crusty Bread	Sweet & Sour Chicken and Rice Sweetcorn	Roast of the Day Seasonal Vegetables Yorkshire Pudding	Mince and Dumpling Mashed Potato Seasonal Vegetables	Fish Fingers Chips and Beans
Dessert	Cookie	Syrup Sponge and Custard	Strawberry Whip	Semolina and Fruit Sauce	Flapjack
K2	Pizza Slice	Bacon Bun	Sandwiches: choice of filling	Pasta Pot	Chicken Salad Wrap

- Subject to availability
- Fresh Fruit, Yogurts and Jelly will be available as well as the daily pudding
- Vegetarian meals and special dietary requirements can be accommodated on request, but please give 24 hours notice.