

Vitality Autumn Term Menu

Week one

Monday

Tuesday

Wednesday

Thursday

Friday



Main course

Lasagne

Creamy chicken fricassee

Roast turkey with stuffing and gravy

Chicken curry with pineapple and coconut

Freshly battered lemon infused fish of the day



Vegetarian course

Pasta with a tomato and basil sauce

Quorn, oriental vegetable and noodle stir fry

Cauliflower cheese

Vegetable, chickpea and tomato curry

Cheese and onion pasty



Carbohydrates

Boiled new potatoes

Wholegrain rice

Roast potatoes

Egg noodles

Chips



Vegetables

Cauliflower
Glazed carrots

Sweetcorn
French beans

Baton carrots
Garden peas

Broccoli florets

Mushy peas
Baked beans



Jacket Potato Filling

Crispy bacon and cheese

Tuna mayonnaise

Chicken mayonnaise with sweetcorn

Creamy coleslaw

Cheddar cheese



Dessert

Apple crumble and custard

Cocoa cookie

Gingerbread cake

Ice cream

Brownie



Available Daily

Yoghurt pot

Jelly

Jelly

Yoghurt pot

Jelly

Freshly cut fruit

Freshly cut fruit

Freshly cut fruit

Freshly cut fruit

Freshly cut fruit

Crudités

Crudités

Crudités

Crudités

Crudités

THE EATWELL PLATE



A guide to the right balance of the five main food groups

- Fruit & Veg
- Carbs & Starches
- Dairy
- Protein
- Sugars & Fats



Food Allergies & Intolerance – If you require information on allergens or your child suffers from a food intolerance, please inform a Team Member before ordering their food and drinks.

Vitality Autumn Term Menu

Week Two

Monday

Tuesday

Wednesday

Thursday

Friday



Main Course

Piri Piri chicken

Cheese burger in a soft bun

Honey glazed bacon loin

Beef casserole

Cod fillet fish fingers



Vegetarian course

Sweet potato and spinach frittata

Veggie burger in a soft bun with cheese

Veggie mince cottage pie

Macaroni cheese

Quorn sausage roll



Carbohydrates

Savoury rice

Oven baked wedges

Roast potatoes

Herby wholemeal pasta

Chips



Vegetables

French beans

Baked beans

Glazed carrots and parsnips

Sweetcorn

Peas

Sweetcorn

Broccoli

Braised red cabbage

Green beans

Baked beans



Jacket Potato Filling

Crispy bacon and cheese

Tuna mayonnaise

Chicken mayonnaise with sweetcorn

Creamy coleslaw

Cheddar cheese



Dessert

Strawberry mousse

Cherry sponge pudding and custard

Creamy rice pudding and jam

Chocolate crispy cake

Ice cream



Available Daily

Yoghurt pot

Jelly

Jelly

Yoghurt pot

Jelly

Freshly cut fruit

Freshly cut fruit

Freshly cut fruit

Freshly cut fruit

Freshly cut fruit

Crudités

Crudités

Crudités

Crudités

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Vitality Autumn Term Menu

Week Three

Monday

Tuesday

Wednesday

Thursday

Friday



Main Course

Pork sausages with caramelised red onion gravy

Beef chilli con carne

Tuna, sweetcorn and pepper panini

Chicken goulash

Cod fillet fish fingers



Vegetarian course

Quorn sausage with a tomato sauce

Veggie mince chilli

Vegetable lasagne

Cheese and tomato pizza

Mixed vegetable and bean Tortilla



Carbohydrates

Mashed potatoes

Wholegrain rice

New potatoes

Pasta

Chips



Seasonal vegetables

Roasted root vegetables

Medley of green vegetables

Green beans

Sweetcorn

Peas

Baked beans

Carrots

Broccoli

Baked beans



Jacket Potato Filling

Tuna and sweetcorn mayonnaise

Cheddar cheese

Chicken mayonnaise

Creamy coleslaw

Baked beans



Dessert

Mousse

Banana cake with toffee custard

Apple & cinnamon flapjack

Ice cream

Rhubarb and vanilla sponge and custard



Available Daily

Yoghurt pot

Jelly

Jelly

Yoghurt pot

Jelly

Freshly cut fruit

Freshly cut fruit

Freshly cut fruit

Freshly cut fruit

Freshly cut fruit

Crudités

Crudités

Crudités

Crudités

Crudités



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A guide to the right balance of the five main food groups

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