

Fresh Ideas Feeding Minds

Autumn / Winter

Menu

Ladysmith Junior School

Welcome to our New Autumn/Winter 2022-23 menu.

"Putting Children at the Heart of What We Do"

Allergen information is available at

www.swnorse.co.uk

Special diet registration forms are
available via email

info@swnorse.co.uk

Our menu is compliant
Food for Life served Here



Throughout the year we offer a number
of themed menus to support the
curriculum, celebrate holidays and
seasonal events - please check with your
school for local arrangements.

Fresh Bread, Salad, Fruit,
Yoghurts and Water are all
available daily,

**SUGAR
SMART**
Devon

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato Pizza	Hunters Chicken (Homemade BBQ Sauce) & Rice)	Roast Chicken & Stuffing (Optional)	Westcountry Sausage (Pork) & Mash with Gravy	Fish Fingers
Option 2 (v)	Vegetable Crumble	Quorn & Vegetable Fajita with Rice	Leek & Potato Layer Bake	Gnocchi with Quorn Mince Ragu	Quorn Dippers
Sides	Sweetcorn, Baked Beans & Potato Wedges	Broccoli & Peas	Roast or Boiled Potatoes, Savoy Cabbage, Carrots & Gravy	Country Mixed Vegetables	Wholemeal Pasta or Chips, Peas, Baked Beans or Crunchy Veg Sticks
And for pudding	Pancakes with sliced Banana & Honey	Apple Crumble & Custard	Seasonal Fresh Fruit Platter or Organic Yoghurt	Sticky Toffee Cake topped with Toffee Sauce & Langage Farm Ice Cream	Homemade Chocolate Drop Biscuit
Jacket Potato	Cheese	Beans	Tuna	Cheese	
Available each day	Freshly Prepared Salad, Fresh Bread & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative.				
Week starting:	31/10/22; 21/11/22; 12/12/22; 16/01/23; 06/02/23; 06/03/23; 27/03/23				

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Quorn Curry & Tilda Rice	Cottage Pie (Beef)	Roast Gammon & Pineapple (Optional)	Organic Pork Meatballs & Wholemeal Pasta	Fish Fingers
Option 2 (v)	Macaroni Cheese	Tomato & Bean Pasta Bake with Crusty Bread	Vegetable Wellington	Vegetable Chilli	Cheese & Tomato Quiche
Sides	Peas & Sweetcorn	Green Beans, Swede & Gravy	Roast or Boiled Potatoes, Cabbage, Carrots & Gravy	Farmhouse Mixed Vegetables, Broccoli & Potato Wedges	Wholemeal Pasta or Chips, Peas, Baked Beans or Crunchy Veg Sticks
And for pudding	Homemade Banana Muffin	Jam Sponge & Pink Custard	Seasonal Fresh Fruit Platter or Organic Yoghurt	Carrot Cake	Chocolate Cracknel
Jacket Potato	Cheese	Beans	Tuna	Cheese	
Available each day	Freshly Prepared Salad, Fresh Bread & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative.				
Week starting:	07/11/22; 28/11/22; 02/01/23; 23/01/23; 20/02/23; 13/03/23				

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pizza Margherita	Tuna Pasta Bake	Roast Pork & Stuffing (Optional)	Lasagne (Beef)	Cod Goujons
Option 2 (v)	Plant Power Burger	Cheese Wheel & Potato Wedges	Veggie Roast	Singapore Style Noodles	Quorn Sausage
Sides	Sweetcorn, Baked Beans & Herby Diced Potatoes	Farmhouse Mixed Vegetables	Roast or Boiled Potatoes, Swede, Carrots & Gravy	Crusty Bread, Winter Rainbow Salad & Roasted Winter Vegetables	Wholemeal Pasta or Chips, Peas, Baked Beans or Crunchy Veg Sticks
And for pudding	Flapjack	Apple & Custard Cake with Langage Farm Ice Cream	Seasonal Fresh Fruit Platter or Organic Yoghurt	Sticky Chocolate Cake & Chocolate Sauce	Homemade Jammy Dodger Biscuit
Jacket Potato	Cheese	Beans	Tuna	Cheese	
Available each day	Freshly Prepared Salad, Fresh Bread & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative.				
Week starting:	14/11/22; 05/12/22; 09/01/23; 30/01/23; 27/02/23; 20/03/23				