



YOUR MENU @

**STRATFORD MANOR
PRIMARY SCHOOL**

----- Autumn - Winter 2023/24 -----

WEEK 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Vegetarian Koftas In Flatbread with Greek Salad V	Lamb Lasagne served with Garlic Bread	Roast Chicken & Stuffing served with Roast Potatoes	Jacket Potato with Tuna	Fish Fingers with Chips
Second Choice	Veggie Dippers with Jacket Wedges PB	Fish Korma with Rice	BBQ Chicken in a Tortilla Wrap served with Coleslaw	Cheese & Tomato Pizza V	Tandoori Chicken in Naan Bread with Salad
Third Choice	Vegetarian Pasta & Mixed Bean Bake PB	Veggie Chilli with Rice & Tortilla PB	Cheese & Leek Flan served with Roast Potatoes ND V	Vegetable & Lentil Curry served with Rice PB	Veggie Quesadilla with Chips V
Vegetable Selection	Seasonal Fresh Vegetables	Seasonal Fresh Vegetables	Seasonal Fresh Vegetables	Seasonal Fresh Vegetables	Seasonal Fresh Vegetables
Dessert of the Day	Frozen Yoghurt with Fruit	ND Banana Slice SS (egg free)	Rice Pudding SS	Jam & Coconut Sponge with Custard SS	Fruit & Jelly with Ice Cream
Daily Options					
Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt					

WEEK 1

20 NOV, 11 DEC, 1 JAN, 22 JAN, 19 FEB, 11 MAR

MEAT SERVED AT THIS SCHOOL IS HALAL

KEY: **V** - Vegetarian **PB** - Plant Based **SS** - Sugar Smart
ND - New Dish **FGR** - In association with Forest Green Rovers

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AND DISCOVER



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WEEK 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Oriental Quorn & Vegetable Stir Fry with Egg Noodles V	Lamb & Vegetable Jollof Rice	Roast Beef & Yorkshire Pudding with Roast Potatoes	Greek Style Souvlaki Chicken with Rice	Fish Fingers with Jacket Wedges
Second Choice	Jacket Potato with Cheese & Beans V	Chicken Sausages with Mashed Potatoes	Spinach & Feta Whirl with Roast Potatoes V	Tuna Wraps	Mixed Bean Quesadilla V
Third Choice	Sweet Potato Macaroni Cheese V	Thai Style Veggie Rice Bowl PB	Cheese & Onion Slice with Roast Potatoes V	Chickpea & Potato Curry with Rice PB	Vegetarian Sausage Roll with Baked Jacket Wedges PB
Vegetable Selection	Sweetcorn Fresh Broccoli	Fresh Carrots Green Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Raspberry Ice Cream Sponge Roll	Frozen Yoghurt with Fruit	Pineapple Cheesecake SS	Lemon & Courgette Cake with Custard SS	Waffles with Fruit & Ice Cream

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 2

6 NOV, 27 NOV, 18 DEC, 8 JAN, 29 JAN, 26 FEB, 18 MAR

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WEEK 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Vegetable Samosa served with Rice & Dhal PB	Spaghetti Bolognese with Garlic Bread	Roast Chicken served with Yorkshire Pudding & Roast Potatoes	Shepherd's Pie	Fish Fingers served with Jacket Wedges
Second Choice	Jacket Potato with Cheese & Beans V	Chicken Burger in a Bun with Salad & Jacket Wedges	Veggie & Lentil Pasta Bake PB	Lamb Tikka Masala served with Rice	Meatloaf with Jacket Wedges
Third Choice	Vegetable Pasta Bake V	Veggie Keema served with Raita & Naan Bread V	Quorn Dippers with Roast Potatoes V	Sweet Pepper & Feta Frittata with Mashed Potatoes V	Quorn Pattie Muffin with Baked Jacket Wedges V
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Frozen Yoghurt with Fruit	Carrot Cake (egg free) ND SS	Fruit Salad with Ice Cream	Chocolate Sponge & Chocolate Custard SS	Berry Mousse with Fresh Fruit SS

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 3

13 NOV 4 DEC 15 JAN 5 FEB 4 MAR 25 MAR

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