

THE VINEYARD SCHOOL

WINTER 2023

WEEK 1

04/09/23, 25/09/23,
16/10/23, 13/11/23,
04/12/23

Option 1

Macaroni Cheese

Tuesday.

Chinese Chicken with
Rice

NO ADDED SUGAR
WEDNESDAY

Wednesday.

Sausage and Apple Plait
with New Potatoes

Thursday.

Beef Lasagne with Garlic
Bread

Friday.

Fish Fingers or Grilled
Fish with Chips and
Tomato Ketchup

Option 2 V Vegetarian

Vegetable Frittata with
New Potatoes

Sweet Chilli Quorn with
Noodles

Cheese Pasty with New
Potatoes

Vegetable Lasagne with
Garlic Bread

Vegetable Fingers
with Chips and Tomato
Ketchup (Ve)

Option 3

Jacket Potato with a
choice of Fillings

Tomato and Basil Pasta
(Ve)

Jacket Potato with a
choice of Fillings

Pesto Pasta (Ve)

Jacket Potato with a
choice of Fillings

Vegetables

Broccoli
Green Beans

Sweetcorn
Cabbage

Cauliflower
Peas

Carrots
Sweetcorn

Baked Beans
Garden Peas

Dessert

Fresh Fruit or Yoghurt

Carrot Cake

Fruit Salad (Ve)

Pancake with Warm
Apple and Berry Sauce

Ice Cream

WEEK 2

11/09/23, 02/10/23,
30/10/23, 20/11/23,
11/12/23

Option 1

Monday.

Cheese and Tomato
Pizza with
Potato Wedges

Tuesday.

Minced Beef Pie with
New Potatoes

Wednesday.

Pork Sausages with
Mashed Potato and Gravy

Thursday.

Greek Chicken Pitta

Friday.

Breaded Fish or Grilled
Fish with Chips and
Tomato Ketchup

Option 2 V Vegetarian

Spicy Vegetable Rice (Ve)

Vegetarian Cottage Pie

Vegetarian Sausages (Ve)
with Mashed Potato and
Gravy

Falafel Pitta

Quorn Dippers with Chips
and Tomato Ketchup (Ve)

Option 3

Jacket Potato with a
choice of Fillings

Cheesy Tomato Pasta

Jacket Potato with a
choice of Fillings

Spicy Tomato Pasta (Ve)

Jacket Potato with a
choice of Fillings

Vegetables

Broccoli
Sweetcorn

Peas
Carrots

Medley of Vegetables

Carrots
Sweetcorn

Baked Beans
Garden Peas

Dessert

Fresh Fruit or Yoghurt

Peach Sponge with
Custard

Fruit Salad (Ve)

Chocolate Brownie with
Chocolate Custard

Ice Lolly

WEEK 3

18/09/23, 09/10/23,
06/11/23, 27/11/23,
18/12/23

Option 1

Monday.

Vegetarian Sausage
Roll with
New Potatoes(Ve)

Tuesday.

Hot Chicken Bap with
Potato Wedges

Wednesday.

Roast Chicken with Roast
Potatoes and Gravy

Thursday.

Beef Pasta Bolognaise

Friday.

Hot Dog with Chips and
Tomato Ketchup

Option 2 V Vegetarian

Vegetable Curry with
Rice (Ve)

Veggie Burger with
Potato Wedges (Ve)

Roast Quorn with Roast
Potatoes and Gravy

Vegetarian Pasta
Bolognaise (Ve)

Veggie Hot Dog with
Chips and Tomato
Ketchup (Ve)

Option 3

Pesto Pasta (Ve)

Jacket Potato with a
choice of Fillings

Cheesy Tomato Pasta

Jacket Potato with a
choice of Fillings

Tomato and Basil Pasta
(Ve)

Vegetables

Sweetcorn
Cauliflower

Carrots
Green Beans

Carrots
Peas

Broccoli
Sweetcorn

Baked Beans
Garden Peas

Dessert

Fresh Fruit or Yoghurt

Jam and Coconut
Sponge with Custard

Fruit Salad (Ve)

Apple Crumble (Ve) with
Custard

Chocolate Pinwheel
Cookie



radish
IT'S ALL GOOD

FRESHLY BAKED BREAD, SALAD BAR, YOGHURT AND FRESH FRUIT ARE AVAILABLE DAILY

WE ALWAYS MEET THE GOVERNMENT FOOD BASED STANDARD FOR SCHOOL LUNCHES. ALL OF OUR MEALS ARE FRESHLY PREPARED ON SITE BY OUR TEAM TO ENSURE THERE ARE NO UNDESIRABLE ADDITIVES. MANY OF OUR DISHES CONTAIN HIDDEN VEGETABLES TO INCREASE VEGETABLE INTAKE. WE ARE CONTINUOUSLY WORKING TO REDUCE THE AMOUNT OF REFINED SUGAR IN OUR MENUS.

THIS MENU SUPPORTS:

