

Autumn/ Winter
2023/ 2024

MONDAY

TUESDAY










WEDNESDAY

THURSDAY

FRIDAY









WEEK ONE

30/10/2023
20/11/2023
11/12/2023
15/01/2024
05/02/2024
04/03/2024
25/03/2024

Option one	Cheese and Tomato Pizza 	 Beef Burger with Toppings and Potato Wedges 	Roast Turkey, Stuffing, Roast Potatoes & Gravy	Macaroni Cheese	Fishfingers with Chips & Tomato Sauce
Option two	Veggie Bolognese with Garlic Bread 	Courgette & Potato Layer Bake	Veggie Sausages, Onions and Gravy with Roast Potatoes 	Five Bean Chilli with Rice 	Cheesy Bean Pasty with Chips & Tomato Sauce
Vegetables	Winter Roasted Vegetable's	Baked Beans Mixed Vegetables	Peas Cauliflower	Roasted Carrots Green Beans	Peas Baked Beans
Dessert	Lemon Drizzle	Fruit Jelly with Mandarins 	Freshly Chopped Fruit Medley 	NEW Jam and Coconut Sponge	Oaty Cookie 

WEEK TWO

06/11/2023
27/11/2023
18/12/2023
22/01/2024
19/02/2024
11/03/2024

Option one	Chinese Vegetable Noodles	Chef Shilpa's Chicken Korma with Rice 	Roast Chicken with Roast Potatoes & Gravy	Vegetable Enchiladas	Fishfingers with Chips & Tomato Sauce
Option two	Roasted Vegetable Curry with Rice 	Vegan Burger in a Bun and Potato Wedges 	Vegan Quorn Roast with Roast Potatoes & Gravy 	Chef Mariam's Vegetable Couscous 	Cheese Omelette with Chips & Tomato Sauce
Vegetables	Peas Carrots	Mediterranean Vegetables	Sliced Carrots Broccoli	Green Beans Cauliflower	Peas Baked Beans
Dessert	NEW Carrot Cake	Apple Crumble with Custard 	Fruit Medley 	Chocolate Drizzle Cake with Chocolate Sauce	Vanilla Shortbread 

WEEK THREE

13/11/2023
04/12/2023
08/01/2024
29/01/2024
26/02/2024
18/03/2024

Option one	NEW A choice of Tomato Pasta with Toppings 	 Spaghetti Bolognese with Garlic Bread	Sausages, Onions and Gravy with Roast Potatoes	Chinese Vegetable Curry with Rice 	Fishfingers or Salmon Fishcake with Chips & Tomato Sauce
Option two	Cheese & Pepper Whirl with Jacket Wedges	Vegetable Fajitas with Rice 	Winter Veg Slice, Roast Potatoes & Gravy 	Vegan Shepherd's Pie with Gravy 	BBQ Quorn Fillet with Chips 
Vegetables	Sweetcorn BBQ Baked Beans	Broccoli Cauliflower	Carrots Cabbage	Winter Mixed Vegetables	Peas Baked Beans
Dessert	Iced Sponge	NEW Chocolate Orange Cookie 	Fruit Platter 	Peach Upside Down Cake with Custard	NEW Melting Moment Biscuit

MENU KEY



Added Plant Power



Wholemeal



Vegan



Chef's Special

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

Available Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option one	V231 Cheese and Tomato Pizza	BB1 Beef & Bean Burger in a SD17 Bun with a choice of Toppings (See concept guide for toppings: BB5-BB22) and SD6 Potato Wedges	T1 Roast Turkey SD40 Stuffing SD82 Roast Potatoes & SD118 Gravy	Macaroni Cheese V11	F6 Fishfingers with SD5 Chips & SD14 Tomato Sauce
Option two	Veggie SD8 Spaghetti V233 Bolognaise with SD50 Garlic Bread	Courgette and Potato Layer Bake V10	V238 Veggie Sausages, SD116 Onions and SD118 Gravy with SD82 Roast Potatoes	V138 Five Bean Chilli with SD84 Rice	V191 Cheesy Bean Pasty with SD5 Chips & SD14 Tomato Sauce
Vegetables	SD24 Green Beans SD28 Carrots	SD22 Baked Beans Mixed Vegetables	SD18 Peas SD27 Cauliflower	SD28 Roasted Carrots SD24 Green Beans	SD18 Peas SD22 Baked Beans
Dessert	D168 Lemon Drizzle	D235 Fruit Jelly with Mandarins	D223 Freshly Chopped Fruit Medley	D233 Jam and Coconut Sponge	D85 Oaty Cookie

WEEK TWO

Option one	V215 Chinese Vegetable Noodles	C86 Chef Shilpa's Chicken Korma with SD84 Rice	C5 Roast Chicken SD82 Roast Potatoes & SD118 Gravy	V20 Vegetable Enchiladas	F6 Fishfingers with SD5 Chips & SD14 Tomato Sauce
Option two	V148 Roasted Vegetable Curry SD84 Rice	V236 Vegan in a SD17 Bun with a choice of Toppings (See concept guide for toppings: BB5-BB22) and SD6 Potato Wedges	V204 Vegan Quorn with SD82 Roast Potatoes and SD118 Gravy	V235 Chef Mariam's Moroccan Couscous	V24 Cheese Omelette with SD5 Chips & SD14 Tomato Sauce
Vegetables	SD18 Peas SD28 Carrots	SD48 Mediterranean Vegetables	SD28 Sliced Carrots SD20 Broccoli	SD24 Green Beans SD27 Cauliflower	SD18 Peas SD22 Baked Beans
Dessert	D234 Carrot Cake	D242 Apple Crumble with D2 Custard	D224 Fruit Medley	D198 Chocolate Drizzle Cake with D3 Chocolate Sauce	D57 Vanilla Shortbread

WEEK THREE

Option one	A choice of V225 Tomato Pasta, PK1 Creamy Tomato Pasta or PK2 Carbonara Pasta with a choice of Toppings (See concept guide for toppings PK3 PK4 V85 V216)	SD8 Spaghetti B48 Bolognaise with SD50 Garlic Bread	P3/C6 Sausages, SD116 Onions and SD118 Gravy with SD82 Roast Potatoes	V212 Chinese Vegetable Curry with SD84 Rice	F6/F29 Fishfingers/ Salmon Fishcakes with SD5 Chips & SD14 Tomato Sauce
Option two		V211 Vegetable Fajitas with SD84 Rice	V232 Veg Wellington, SD40 Stuffing, SD82 Roast Potatoes & SD118 Gravy	V241 Vegan Shepherd's Pie with SD118 Gravy	V205 BBQ Quorn Fillet with SD5 Chips
Vegetables	SD19 Sweetcorn SD88 BBQ Baked Beans	SD20 Broccoli SD27 Cauliflower	SD28 Carrots SD35 Cabbage	SD48 Winter Mixed Vegetables	SD18 Peas SD22 Baked Beans
Dessert	D177 Iced Sponge	D230 Chocolate Orange Cookie	D225 Fruit Platter	D176 Peach Upside Down Cake with D2 Custard	D231 Melting Moment Biscuit

MENU KEY



Added Plant Power



Wholemeal



Vegan



Chef's Special











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Option two	Veggie Bolognese with Garlic Bread 	Courgette & Potato Layer Bake	Veggie Sausages, Onions and Gravy with Roast Potatoes 	Five Bean Chilli with Rice 	Cheesy Bean Pasty with Chips & Tomato Sauce
Vegetables	Green Beans Carrots	Baked Beans Mixed Vegetables	Peas Cauliflower	Roasted Carrots Green Beans	Peas Baked Beans
Dessert	Lemon Drizzle	Fruit Jelly with Mandarins 	Freshly Chopped Fruit Medley 	NEW Jam and Coconut Sponge	Oaty Cookie  

	Monday	Tuesday	Wednesday	Thursday	Friday
Extra Option 1	V180 Roasted Vegetable Pizza	B49 Chilli Con Carne with SD84 Rice	C4 Roast Chicken, SD82 Roast Potatoes, SD40 Stuffing & SD118 Gravy	B50 Minced Beef Pasta Bake	QB15 Lemon and Herb Chicken and SD5 Chips
Extra Option 2	V188 Tomato & Arrabiata Pasta SD8	V242 Soya Mince Lasagne with SD50 Garlic Bread	V125 Glamorgan Bean and Leek Sausages, SD82 Roast Potatoes, SD40 Stuffing & SD118 Gravy	V193 Vegan Mediterranean Bake with SD84 Rice	V161 Phat Pasty Mexican Bean Roll with SD5 Chips

. Please ensure all changes are submitted by 28th July 2023 to enable the Caterlink teams enough time to code menus and create special diet menus for allergy children – any changes received after this deadline will cause a delay in special diet menus being created for the pupils
We ask that changes are only made when necessary to prevent food waste, as it is difficult to ensure that menus remain compliant to the School Food Standards when using the menu selector. Furthermore, a lot of work has been done on the central Merton menu to ensure that children with allergies are considered and that allergen free recipes are spread out to offer more variety on allergen menus.

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Vegetables	Peas Carrots	Mediterranean Vegetables	Sliced Carrots Broccoli	Green Beans Cauliflower	Peas Baked Beans
Dessert	NEW Carrot Cake	Apple Crumble with Custard 	Fruit Medley 	Chocolate Drizzle Cake with Chocolate Sauce	Vanilla Shortbread 

	Monday	Tuesday	Wednesday	Thursday	Friday
Extra Option 1	V41 Chickpea and Vegetable Hotpot	C78 Portuguese Chicken Casserole with SD84 Rice	C79 Chicken Pie with SD1 Mashed Potatoes	C6 Middle Eastern Chicken with SD84 Rice	V49 Wholemeal Cheese and Tomato Quiche with SD5 Chips
Extra Option 2	V140 Vegetable Tagine with SD119 Couscous	V213 Sweet Potato and Spinach Flan with SD82 Roast Potatoes	V19 Creamy Vegetable Puff with SD1 Mashed Potatoes	V240 Vegetable Quesadilla with SD84 Rice	F3 Fish in Batter with Chips

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Vegetables	Sweetcorn BBQ Baked Beans	Broccoli Cauliflower	Carrots Cabbage	Winter Mixed Vegetables	Peas Baked Beans
Dessert	Iced Sponge	NEW Chocolate Orange Cookie 	Fruit Platter 	Peach Upside Down Cake with Custard	NEW Melting Moment Biscuit

	Monday	Tuesday	Wednesday	Thursday	Friday
Extra Option 1	V115 Wholemeal Cheese and Tomato French Bread Pizza	B52 Beef Lasagne with SD50 Garlic Bread	C89 BBQ Chicken Pieces with SD6 Potato Wedges	B33 Cottage Pie	FS3 Fish in Batter
Extra Option 2	V62 Chickpea Curry with SD84 Rice	V238 Vegan Hot Dog with SD6 Potato Wedges	V35 Vegetable Pasty with SD82 Roast Potatoes, & SD118 Gravy	V108 Lentil and Sweet Potato Curry with SD84 Rice	V133 Butterbean Risotto

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