

BRINDISHE MANOR

SPRING 2023

WEEK 1

02/01/23, 23/01/23,
20/02/23, 13/03/23

Option 1

Sweet Potato and Pepper Frittata served with New Potatoes

Tuesday.

Chinese Chicken Noodles

NO ADDED SUGAR WEDNESDAY

Wednesday.

Roast Turkey served with Roast Potatoes and Gravy

Thursday.

Organic Cottage Pie topped with Root Vegetable Mash

Friday.

Breaded Pollock served with Chips

Option 2 v Vegetarian

Macaroni Cheese

Vegetable and Bean Jambalaya (Ve)

Roast Quorn served with Roast Potatoes and Gravy

Veggie Cottage Pie

Vegetable Fingers served with Chips (Ve)

Option 3

Tomato and Basil Pasta (Ve)

Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw

Mushroom Carbonara

Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw

Neapolitan Pasta (Ve)

Vegetables

Broccoli Carrots

Carrots Garden Peas

Steamed Cabbage Green Beans

Carrots Sweetcorn

Garden Peas Baked Beans

Dessert

Homemade Hob Nob (Ve)

Fruit Jelly (Ve)

Fruit Salad (Ve)

Apple and Cinnamon Sponge

Ice Cream

WEEK 2

09/01/23, 30/01/23
27/02/23, 20/03/23

Option 1

Lentil and Squash Tagine served with Rice or Nachos and Sour Cream

Organic Beef Bolognese served with Pasta

Chicken Sausages served with Mashed Potato and Gravy

Chicken Tikka Masala served with Steamed Rice

Fish Fingers or Salmon Fish Fingers served with Chips

Option 2 v Vegetarian

Vegetarian Chilli (Ve) served with Rice or Nachos and Sour Cream

Winter Vegetable Ragù served with Pasta (Ve)

Veggie Sausages served with Mashed Potato and Gravy

Spinach, Sweet Potato and Lentil Dahl served with Steamed Rice (Ve)

BBQ Bean Burrito served with Chips

Option 3

Macaroni Cheese

Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw

Broccoli Pesto Pasta (Ve)

Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw

Tomato and Basil Pasta (Ve)

Vegetables

Green Beans Carrots

Sweetcorn Broccoli

Roasted Root Vegetables Cauliflower

Carrots Sweetcorn

Garden Peas Baked Beans

Dessert

Shortbread (Ve)

Chocolate and Beetroot Brownie

Fruit Salad (Ve)

Apple Crumble (Ve) with Custard

Lemon Drizzle Cookie (Ve)

WEEK 3

16/01/23, 06/02/23
06/03/23, 27/03/23

Option 1

Katsu Vegetable Noodles

Cajun Chicken Pizza served with Potato Wedges

Roast Chicken and Root Vegetable Traybake served with Roast Potatoes

Organic Beef Chilli Con Carne served with Savoury Rice

Breaded Pollock served with Chips

Option 2 v Vegetarian

Vegetable Enchilada

Cheese and Tomato Pizza served with Potato Wedges

Roast Quorn served with Roast Potatoes and Gravy

Vegetable Bolognese served with Savoury Rice

Veggie Sausage Hot Dog served with Chips (Ve)

Option 3

Classic Ratatouille with Spaghetti (Ve)

Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw

Tomato and Spinach Pasta (Ve)

Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw

Cheesy Tomato Pasta

Vegetables

Broccoli Sweetcorn

Carrots Garden Peas

Steamed Cabbage Sweetcorn

Green Beans Carrots

Garden Peas Baked Beans

Dessert

Flapjack (Ve)

Chocolate Orange Sponge with Chocolate Custard

Fruit Salad (Ve)

Carrot Cake

Raspberry Jelly (Ve)



SUGAR SHERIFF

THIS MENU SUPPORTS:



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.

