

Colwich Kitchen Autumn 2022 Menu

Week 1 :

Week 2:

Week 3:

Monday

Pork Meatballs with pasta

In tasty Italian tomato sauce served with pasta. Served with sweetcorn and Sweetcorn

For dessert....

Tomato & Vegetable Pasta

Served with sweetcorn

Jacket Potato with cheese
(vegan cheese available)

Chocolate
Sponge

Macaroni Cheese with Garlic Bread

Served with Sweetcorn

Roasted Vegetable Pasta
(vegan) served with Sweetcorn
Jacket Potato with Cheese

For dessert....

Mini
Pancakes
with Syrup

All Day Breakfast

Served with Baked Beans

Meat Free Sausage

Served with Hash Brown and Baked Beans

For dessert....

Oaty Biscuit

Jacket Potato with Beans

Tuesday

Creamy Chicken Curry

Served with rice and peas

For dessert....

Sweet Potato and Chickpea Curry

Served with rice, peas

Jacket Potato with cheese
(vegan cheese available)

Apple
Flapjack

Chilli and Rice Wrap or Savory Rice

Served with Peas

Cauliflower Cheese Bake

Served with Peas

Jacket Potato with Beans or Chilli

For dessert....

Apple Cake
and Custard

Pasta Bolognaise

Served with carrots

Cheese and Potato Pie

Served with carrots

Jacket Potato with Cheese

For dessert....

Vanilla
Cookie

Wednesday

Lasagne with Garlic Bread

Served with mixed Vegetables

For dessert....

Cheese & Tomato Pasta

Served with mixed vegetables

Jacket Potato with Tuna

Chocolate
Crunch
with Mint
Custard

Sausage Roll and Wedges

Served with Baked Beans

Cheese and Baked Bean Wrap

Jacket Potato with Cheese

For dessert....

Banana
Cake

Garlic and Herb Chicken Bake

Served with mini roasts and sweetcorn

Tomato and Vegetable Pasta

served with sweetcorn

Jacket Potato with Cheese

For dessert....

Chocloate
Orange
Muffin

Thursday

Pepperoni Pizza

Served with Potato cubes & Baked Beans

For dessert....

Cheese and Tomato Pizza

Served with Potato cubes & Baked Beans

Jacket Potato with Beans

Vanilla
Iced
Sponge

Chicken Noodles

Served with mixed vegetables

Vegetable and Tomato Pasta

Served with mixed vegetables

Jacket Potato with Tuna

For dessert....

Chocolate
Krispie Cake

Chicken nuggets and wedges

Served with Baked Beans

Cheese and Baked Bean Wraps

Jacket Potato with Tuna
(vegan cheese available)

For dessert....

Apple
Crumble or
Cake with
custard

Friday

Fish Finger & Chips

Served with peas

For dessert....

Vegetable Fingers (Vegan)

Served with chips, peas

Jacket Potato with Cheese

Shortbread
with
Raisins

Baked Mini Fish Fillets

Served with chips, peas

Golden Cheese Toastie (vegan cheese available)

Served with chips, peas

Jacket Potato with Cheese

For dessert....

Ice Cream
with Fruit

Fish Cake

Served with chips, peas

Vegetable Fingers

Served with chips, peas

Jacket Potato with Cheese

For dessert....

Jelly with
Fruit

SERVED DAILY

* Fresh Fruit

Platter

* Fresh Salad

Bowls

* Bread

* Yoghurt

* Fresh Milk, Cool
Water and Squash

**Main Meal +
Dessert = Just
£2.41 per day,
payable on
ParentPay**

**All children in
Reception, Year 1
and Year 2
receive a school
meal free of
charge! Just
book in at
Registration
time! It's that
easy!**

Colwich Kitchen Autumn 2022 Menu Allergens

Week 1 :

Week 2:

Week 3:

Monday

Pork Meatballs with Pasta
May contain soya beans.
Sulphur dioxide >10mg, Wheat
Tomato and Vegetable Pasta
Wheat
Jacket Potato with Cheese
Milk

For
dessert....
**Chocolate
Sponge**
Wheat, egg,
milk

Macaroni Cheese
Celery, Wheat, Eggs, Milk,
Mustard
**Roasted Vegetable Pasta
(vegan)** Wheat
**Jacket Potato with Cheese
Milk**

For
dessert....
**Mini
Pancakes
with Syrup**
Wheat, egg,
milk

All Day Breakfast
Milk, eggs, soya beans, sulphur
dioxide
Meat Free Sausage
Wheat
Jacket Potato with Beans

For
dessert....
Oaty Biscuit
Wheat

Tuesday

Creamy Chicken Curry Eggs,
milk, mustard, sulphur dioxide
10mg, Rice contains Wheat
**Sweet Potato and Chickpea
Curry** Mustard, Rice contain
Jacket Potato with cheese
Milk

For
dessert....
**Apple
Flapjack**
Wheat

Chili and Rice Wrap or Savory Rice
Wheat, Milk
Cauliflower Cheese Bake
Milk, celery, eggs, wheat &
mustard
Jacket Potato with Cheese
Milk

For
dessert....
**Banana
Cake**
Wheat, egg,
milk

Pasta Bolognese
Wheat
Cheese and Potato Pie
Milk
Jacket Potato with Cheese
Milk

For
dessert..
**Vanilla
Cookie**
Wheat,
Eggs,

Wednesday

Lasagne with garlic bread
Celery, Gluten, Eggs, Mustard
Milk, Wheat
Cheese & Tomato Pasta
Wheat, Soya beans, Milk
Jacket Potato with Tuna
Fish

For
dessert....
**Chocolate
Orange
Muffin**
Milk, wheat
egg

Sausage Roll and Wedges
Wheat, milk, soya beans, sulphur
dioxide
Cheese and Baked Bean Wrap
Gluten, Milk
**Jacket Potato with Baked
Beans**

For
dessert....
**Banana
Cake**
Eggs, Milk

Garlic and Herb Chicken Bake
Gluten, Eggs, Milk
Tomato and Vegetable Pasta
Wheat
Jacket Potato with Cheese
Milk

For
dessert....
**Cookie with
Raisins**
Wheat, egg,
milk

Thursday

Pepperoni Pizza Wheat, soya
beans, Milk, Sulphur Dioxide
Cheese and Tomato Pizza
Wheat, Milk, Soya Beans,
Sulphur Dioxide
Jacket Potato with Beans
Soya Beans

For
dessert....
**Vanilla
Iced
Sponge**
Wheat,
eggs, milk

Chicken Noodles
Wheat, eggs, celery, soya beans
Vegetable and Tomato Pasta
Wheat, eggs, celery, soya beans
Jacket Potato with Tuna
Fish

For
dessert....
**Chocolate
Krispie Cake**
Barley

Chicken nuggets with wedges
Wheat, Eggs, Milk, soya
**Cheese and Baked Bean
Wraps** Milk, Wheat
Jacket Potato with Tuna
Fish

For
dessert....
**Apple Cake
or Crumble**
Wheat, Eggs,
milk **custard**
Milk

Friday

Fish Fingers & Chips
Wheat, fish
Vegetable Fingers
Wheat
Jacket Potato with Cheese
Milk

For
dessert....
**Shortbread
with
Raisins**
Wheat

Baked Mini Fish Fillets
Wheat, fish
Golden Cheese Toastie
Wheat, milk
Jacket Potato with Cheese
Milk

For
dessert....
**Ice Cream
with Fruit**
Milk

Fish Cake
Gluten, wheat, mustard, fish
Vegetable Fingers
Wheat
Jacket Potato with Cheese
Milk

For
dessert....
**Jelly with
Fruit**

**Daily Bread –
Cereals
containing
gluten, wheat,
Soya beans**

**Daily Yoghurt –
Milk**

**We also offer a
Gluten Free and
Dairy Free menu
Daily**