

THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEST SUSSEX COUNTY COUNCIL
PUBLIC HEALTH



west
sussex
county
council



WEEK 1 MENU

25-Apr 16-May 06-Jun 27-Jun 18-Jul 08-Aug 29-Aug 19-Sep 10-Oct 31-Oct 21-Nov 12-Dec 02-Jan 23-Jan 13-Feb 06-Mar 27-Mar



MONDAY

TUESDAY


WEDNESDAY

THURSDAY


FRIDAY

Hot Main Dish

Sausages, Mash & Gravy
Pork & beef sausages in gravy

Macaroni Cheese 
Macaroni in a creamy cheese sauce

Roast Chicken with Roast Potatoes and Gravy
Roast chicken with roasties and gravy

Cheese & Tomato Pizza 
Deep base pizza with a cheese & tomato topping

Fish & Chips
Our traditional Friday favourite


Alternative Dish

Butternut Squash & Chickpea Curry & Rice
  
Chunky vegetables in a mild curry sauce



Mild Bean Chilli & Rice
  
Baked bean chilli and fluffy rice

Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy  
Chunky sweet potato and chickpea roast


Beef Pasta Bolognese 
A classic Italian beef bolognese in tomato sauce

Dippers and Chips 
Crispy Quorn nuggets

Jacket Potato

Jacket Potato with Salmon Mayo  

Jacket Potato with Veggie Bolognese  

Jacket Potato with Cheese 

Jacket Potato with Baked Beans  

Jacket Potato with Cheese  

Vegetables

Golden Sweetcorn or Salad

Rainbow Vegetables or Salad

Carrots and Cabbage

Garden Peas or Salad

Baked Beans or Salad

Desserts

Smooth Fruit Yoghurt

Apple, Orange & Melon Fruit Bowl 

Cranberry Shortbread Biscuit

Pear & Chocolate Sponge 

Jammy Jack Flapjack

SPRING/SUMMER 2022

Bread, Milk, Salad, Water & Fruit available every day. Ketchup served on Friday

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice

WEEK 2 MENU

02-May 23-May 13-Jun 04-Jul 25-Jul 15-Aug 05-Sep 26-Sep 17-Oct 07-Nov 28-Nov 19-Dec 09-Jan 30-Jan 20-Feb 13-Mar 03-Apr



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Chicken Korma & Rice

Mild creamy korma sauce and fluffy rice

Cheese & Tomato Pizza

Deep base pizza with a cheese & tomato topping

Roast Ham with Roast Potatoes and Gravy

Ham in gravy with roasties and gravy

Classic Beef Burger

Served with salad & diced potatoes

Fish & Chips

Our traditional Friday favourite

Alternative Dish

Quorn Sausage, Mash & Gravy

Sausage in gravy with mash potato

Beef Pasta Bolognese

A classic Italian beef bolognese in tomato sauce

Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy

Chunky sweet potato and chickpea roast

Mild Bean Chilli & Rice

Baked bean chilli and fluffy rice

Cheese & Vegetable Frittata & Chips

Oven baked omelette and chips

Jacket Potato

Jacket Potato With Cheese

Jacket Potato With Baked Beans

Jacket Potato With Tuna Mayo

Jacket Potato With Cheese

Jacket Potato With veggie bolognese

Vegetables

Garden Peas or Salad

Green Beans or Salad

Carrots and Cabbage

Golden Sweetcorn or Salad

Baked Beans or Salad

Desserts

Cranberry Shortbread Biscuit

Smooth Fruit Yoghurt

Pear & Chocolate Sponge

Apple, Orange & Melon Fruit Bowl

Muesli Flapjack

SPRING/SUMMER 2022

Bread, Milk, Salad, Water & Fruit available every day. Ketchup served on Friday

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice

WEEK 3 MENU

09-May 30-May 20-Jun 11-Jul 01-Aug 22-Aug 12-Sep 03-Oct 24-Oct 14-Nov 05-Dec 26-Dec 16-Jan 06-Feb 27-Feb 20-Mar 10-Apr



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Macaroni Cheese



Macaroni in a creamy cheese sauce

Sausages, Mash & Gravy

Pork & beef sausages in gravy

Roast Beef with Roast Potatoes and Gravy

Sliced roast beef with roasties and gravy

Cheese & Tomato Pizza



Deep base pizza with a cheese & tomato topping

Fish & Chips

Our traditional Friday favourite

Alternative Dish

Chicken Tikka Masala & Rice



Mild tikka sauce and fluffy rice

Cheese & Tomato Pasta



Creamy cheese & tomato sauce with pasta

Quorn Sausage with Roast Potatoes and Gravy



Quorn Sausage in rich gravy with roasties

Butternut Squash & Chickpea Curry & Rice



Chunky vegetables in a mild curry sauce

Veggie Burger & Chips



Quorn Pattie in a bun with chips

Jacket Potato

Jacket Potato With Tuna Mayo

Jacket Potato With Baked Beans



Jacket Potato With Cheese



Jacket Potato With Veggie Bolognese



Jacket Potato With Cheese



Vegetables

Green Beans or Salad

Garden Peas or Salad

Carrots and Cabbage

Rainbow Vegetables or Salad

Baked Beans or Salad

Desserts

Jammy Jack Flapjack

Apple, Orange & Melon Fruit Bowl



Pineapple Sponge



Smooth Fruit Yoghurt

Muesli Flapjack

Bread, Milk, Salad, Water & Fruit available every day. Ketchup served on Friday

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

SPRING/SUMMER 2022

