

Step 1 Choose a delicious main course

Step 2 Choose from a variety of side dishes

Step 3 Choose from a tasty selection of puddings



Autumn / Winter

WEEK ONE

w/c 02/09, 21/09, 12/10,
16/11, 07/12



Monday

Tuesday

Wednesday

Thursday

Friday

Meat/Fish

Cheese & Tomato Pizza (3,7,13 MC:6)

Homemade Potato Wedges

Carrot & Coriander Salad (16)

Bacon, Tomato & Scrambled Egg Burrito (3,7,6)

Herby Diced Potatoes

Baked Beans

Chicken Pie (3,6 MC: 8,15)

Boiled Potatoes

Mixed Veg

Chicken Katsu Curry (13)

Mixed Rice, Garlic & Coriander Naan (3,7), Asian Cucumber Salad (3,13,16)

Fish Fingers (3,11)

Chips

Spaghetti Hoops (3) or Peas

Vegetarian

Roasted Vegetable Pasta Bake (3,7 MC: 13,8)

Carrot & Coriander Salad (16)

Scrambled Egg & Baked Beans Burrito (3,6,7)

Herby Diced Potatoes

Vegetable Cottage Pie

Mixed Veg

Vegetable, Pea & Potato Curry

Mixed Rice

Garlic & Coriander Naan (3,7)

Quorn Burger (3,6,7)

Chips

Spaghetti Hoops (3) or Peas

Combo

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11) Salmon & Tomato (11)

Sandwich: Grated Cheese (3,7,13), Tuna Mayo (3,12,6 MC: 9) Ham (3,7,13,MC: 9)

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)

Pasta (3,MC: 8,13)

Toppings: Grated Cheese (7), Tomato & Basil Sauce, Pesto Sauce, No Topping

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)

Sandwich: Grated Cheese (3,7,13), Tuna Mayo (3,13,6 MC: 9) Ham (3,7,13,MC: 9)

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11), Vegan Cheese

Pasta (3,MC: 8,13)

Toppings: Grated Cheese (7), Tomato & Basil Sauce, Pesto Sauce, No Topping

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)

Sandwich: Grated Cheese (3,7,12), Tuna Mayo (3,12,6 MC: 9) Ham (3,7,13,MC: 9)

Pudding

Apple & Cinnamon Pancakes (3, MC:7,6)

Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

Fresh Fruit Salad

Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

Raspberry Ripple Ice Cream Roll (3,6,7,13)

Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

Jam Sponge (3,6)

Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

Oat Cookies (3)

Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

Please note this menu may change through the term. For the most up to date information, please visit: relishschoolfood.co.uk/parents

Menu meets school food plan nutritional standards. (V) Suitable for Vegetarians, (Ve) Suitable for Vegans. Allergen key - Cereals containing Gluten (3), Molluscs (4), Peanuts (5), Eggs (6), Milk (7), Mustard (8), Sesame (9), Crustaceans (10), Fish (11), Nuts (12), Soya (13), Celery (14), Lupin (15), Sulphur dioxide (16) Jacket Potatoes and Freshly cooked pasta available daily Jacket potato fillings - Grated cheddar cheese (7), Tuna Mayonnaise (11,6), Baked Beans Pasta toppings - Tomato and vegetable sauce, Grated cheese (7) Fresh bread available daily (3,13) may also contain eggs and milk Fresh salads available daily which will always be allergen free.

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Autumn / Winter

WEEK TWO

w/c 07/09, 28/09,
19/10, 23/11, 14/12



Monday

Tuesday

Wednesday

Thursday

Friday

Meat/Fish

Macaroni Cheese (3,7,8)
Mixed Veg
Garlic Bread (3,12 MC: 6,7)

All Day Breakfast (3,6,7,16)
Baked Beans
Homemade 50/50 Bread (3)

Roast Turkey
Roast Potatoes
Carrots, Green Beans, Gravy

Cajun Chicken Pasta (3, MC: 13,8)
Sweetcorn

Battered Cod (3,11)
Chips
Baked Beans or Peas



Vegetarian

Vegetarian Sausage Roll (3,13)
Potato Wedges
Mixed Veg

All Day Breakfast (3,6,7,16)
Baked Beans
Homemade 50/50 Bread (3)

Roasted Veg Tart (3,7,6, MC: 8,15,13)
Roast Potatoes
Carrots, Green Beans, Gravy

Smokey BBQ Quesadilla (3,13,14)
Roasted Veg Cous Cous (3,16 MC: 13,8)

Quorn Hot Dog (3,6,MC9)
Chips
Baked Beans or Peas



Combo

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11), Vegan Cheese
Baguette (3,13, MC 9)
Toppings: Grated Cheese (7), Ham, Tuna Mayo (6,11)

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)
Pasta (3,MC: 8,13)
Toppings: Grated Cheese (7), Tomato & basil Sauce, Pesto Sauce, No Topping

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11), Vegan Cheese
Baguette (3,13, MC 9)
Toppings: Grated Cheese (7), Ham, Tuna Mayo (6,11)

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11), Vegan Cheese
Baguette (3,13, MC 9)
Toppings: Grated Cheese (7), Ham, Tuna Mayo (6,11)

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)
Pasta (3,MC: 8,13)
Toppings: Grated Cheese (7), Tomato & basil Sauce, Pesto Sauce, No Topping



Pudding

Butterscotch Angel Delight (7)
Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

Cocoa Brownie (3,6)
Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

Homemade Shortbread (3)
Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

Mincemeat Flapjack (3)
Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

Bananas & Custard (7)
Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly



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Autumn / Winter

WEEK THREE w/c 14/09, 05/10, 09/11, 30/11,



Monday

Tuesday

Wednesday

Thursday

Friday

Meat/Fish

Cheese Puff (3,7)

Herby Diced Potatoes

Sweetcorn

Beef Meatballs in Marinara Sauce (3)

Pasta (3,MC 13,8)

Broccoli

Roast Gammon

Roast Potatoes, Carrot & Swede Mash (7)

Peas Gravy

Chicken Stir Fry (3,13,9)

Noodles (3,13,6)

Green Beans

Chicken Nuggets (3, MC13)

Chips

Baked Beans or Coleslaw (6)

Vegetarian

Vegetarian Chilli Con Carne

Mixed Rice

Sweetcorn

Vegan Meatballs in Marinara Sauce (13)

Pasta (3,MC 13,8)

Broccoli

Vege Sausage (3)

Roast Potatoes, Carrot & Swede Mash (7)

Peas Gravy

Chinese Quorn (13, MC 8)

Noodles (3,13,6)

Green Beans

Vegan Nuggets (3)

Chips

Baked Beans or Coleslaw (6)

Combo

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)

Pasta (3,MC: 8,13)

Toppings: Grated Cheese (7), Tomato & basil Sauce, Pesto Sauce, No Topping

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)

Wrap (3)

Toppings: Grated Cheese (7), Ham, Tuna Mayo (6,11)

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)

Pasta (3,MC: 8,13)

Toppings: Grated Cheese (7), Tomato & basil Sauce, Pesto Sauce, No Topping

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)

Wrap (3)

Toppings: Grated Cheese (7), Ham, Tuna Mayo (6,11)

Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)

Pasta (3,MC: 8,13)

Toppings: Grated Cheese (7), Tomato & basil Sauce, Pesto Sauce, No Topping

Pudding

Chocolate Cornflake Cake (3,7 MC 13)

Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

Carrot Cake (3,6)

Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

Fresh Melon

Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

Fresh Fruit Salad

Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

Fresh Fruit

Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

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