

# Mountford Manor WHF Winter Menu 2022



	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One</b> 30 August 20 Sept 11 Oct 8 Nov 29 Nov 3 Jan 24 Jan 14 Feb	Option 1	Macaroni Cheese	Beef Burger with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Pork Sausage with Onion Gravy and New Potatoes	MSC Fishfingers/ Salmon Fish Fingers with Chips
	Option 2	Soya Spaghetti Bolognaise	Vegan Sausage Hot Dog with Potato Wedges	Vegetable Wellington with Roast Potatoes and Gravy	Plant Sausage with Onion Gravy and New Potatoes	Cheese and Red pepper Frittata
	Option 3	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna
	Vegetables	Green Beans Carrots	Coleslaw Sweetcorn	Cauliflower Broccoli	Mixed Vegetables	Baked Beans Garden Peas
	Dessert	Chocolate and Mandarin Brownie , or Fruit or Yoghurt	Sticky Toffee Apple Sponge with Custard or Fruit or Yoghurt	Iced Bun or Fruit or Yoghurt	Oaty Cookie or Fruit or Yoghurt	Apple, Cheese and Biscuits or Fruit or Yoghurt

<b>Week Two</b> 6 Sept 27 Sept 18 Oct 15 Nov 6 Dec 10 Jan 31 Jan	Option 1	Cheese and Tomato Pizza New Potatoes	Macaroni Beef Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Chinese Chicken with Rice	MSC Breaded Fish with Chips
	Option 2	Vegetable Hotpot	Broccoli Pasta Bake	Roasted Quorn with Roast Potatoes and Gravy	Vegetable Enchiladas	Mexican Bean Roll with Chips
	Option 3	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna
	Vegetables	Green Beans Cauliflower	Peppers Garden Peas	Cabbage Broccoli	Sweetcorn Carrots	Baked Beans Garden Peas
	Dessert	Pear Sponge with Custard or Fruit or Yoghurt	Chocolate Shortbread or Fruit or Yoghurt	Lemon and Cucumber Sponge or Fruit or Yoghurt	Peach Upside Down Cake or Fruit or Yoghurt	Apple, Cheese and Biscuits or Fruit or Yoghurt

<b>Week Three</b> 13 Sept 4 Oct 1 Nov 22 Nov 13 Dec 17 Jan 7 Feb	Option 1	Chicken Tikka Masala	Sausage Roll with Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Minced Beef Pie with Boiled Potatoes	MSC Fish in Batter with Chips
	Option 2	Vegan Meatballs in Tomato Sauce with Rice	Shepherdess Pie with Gravy	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Soya Mince, Onion and Lentil Pie with Boiled Potatoes	BBQ Quorn with Chips
	Option 3	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna	Baked Potato with Cheese, Beans or Tuna
	Vegetables	Broccoli Sweetcorn	Garden Peas Carrots	Carrot and Swede Mash	Green Beans Mixed Peppers	Baked Beans Garden Peas
	Dessert	Rice Pudding with Mixed Berries or Fruit or Yoghurt	Chocolate Sponge with Chocolate Sauce or Fruit or Yoghurt	Fruity Shortbread or Fruit or Yoghurt	Apple Sponge and Custard or Fruit or Yoghurt	Apple, Cheese and Biscuits or Fruit or Yoghurt

## Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

**ALLERGY INFORMATION:** If your child has an allergy or intolerance 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.