

PARK HILL INFANT SCHOOL AUTUMN MENU 2023

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 04/09/23 25/09/23 16/10/23 13/11/23 04/12/23	Main	🍌 Chicken Masala Curry	🍌 Lamb Lasagne	🍌 Roast BBQ Chicken Dinner	🍌 Lamb Chilli Con Carne	🍌 Fish Fingers
	Vegetarian	Pasta in a Tomato & Basil Sauce (VG)	Asian Noodle Stir Fry	Pasta with Grated Courgette & Nut Free Pesto	Roasted Vegetable Lasagne	Cheese, Tomato and Spinach Pinwheel
	Carbs & Veg	Rice & Peas	Mixed Salad	Roast Potatoes Sweetcorn & Carrots	Rice and Mixed Salad	Chips Peas or Beans
	Option	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Tuna Mayo	Jacket Potato with Coleslaw or Beans	Jacket Potato with Lamb Chilli Con Carne or Cheese	GLUTEN FREE OPTION AVAILABLE ON REQUEST
	Dessert	Fruit Platter or Yoghurt	Apple Pie with Custard	Yoghurt or Cheese & Crackers	Pancakes with Fruit Compote	Ice Cream Pot
Week 2 11/09/23 02/10/23 30/10/23 20/11/23 11/12/23	Main	🍌 Chicken in a Bun	🍌 Lamb Spaghetti Bolognese	🍌 Roast Paprika Chicken Dinner	🍌 Chicken Biryani	🍌 Fish Fingers
	Vegetarian	Spicy Bean Burger in a Bun (VG)	Pasta in a Roasted Vegetable Sauce (VG)	Vegetarian Sausage in a Yorkshire Pudding with Onion Gravy (VG)	Mac & Cheese	Vegetable Sausage Roll (VG)
	Carbs & Veg	Sweetcorn & Salad Bar	Mixed Salad	Roast Potatoes Carrots & Peas	Mixed Salad	Chips Peas or Beans
	Option	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Tuna Mayo	Jacket Potato with Coleslaw or Beans	Jacket Potato with Lamb Chilli Con Carne or Cheese	GLUTEN FREE OPTION AVAILABLE ON REQUEST
	Dessert	Fruit Platter or Yoghurt	Apple & Peach Oatie Crumble With Custard	Yoghurt or Cheese & Crackers	Carrot Cake With Custard	Ice Cream Pot
Week 3 18/09/23 09/10/23 06/11/23 27/11/23 18/12/23	Main	🍌 BBQ Chicken Pizza	🍌 Lamb Hotpot	🍌 Roast Chicken Dinner	🍌 Braised Chicken and Beef Sausages in Onion Gravy	🍌 Fish Fingers
	Vegetarian	Cheese & Tomato Pizza	Vegan Spaghetti Bolognese (VG)	Pasta in a Roasted Vegetable Sauce (VG)	Vegetarian Sausages in Onion Gravy (VG)	Vegetable & Bean Burrito
	Carbs & Veg	Potato Wedges & Mixed Salad	Rice & Broccoli	Roast Potatoes Cabbage & Carrots	Mashed Potatoes Mixed Vegetables	Chips Peas or Beans
	Option	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Tuna Mayo	Jacket Potato with Coleslaw or Beans	Jacket Potato with Lamb Chilli Con Carne or Cheese	GLUTEN FREE OPTION AVAILABLE ON REQUEST
	Dessert	Fruit Platter or Yoghurt	Apple Crumble With Custard	Yoghurt or Cheese & Crackers	Lemon Drizzle Slice	Ice Cream Pot

Fresh Fruit and Yoghurt are available every day. We use locally sourced ingredients when available and in season. All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards.

🍌 Halal Suitable - (VG) VEGAN (Jacket Potato with Beans (VG))