

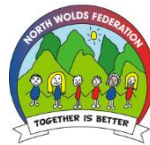
North Wolds Federation

Kitchen Lincolnshire County Council Gold Approved Menu

Autumn Term 2024 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Theme	Meat Free Monday	Tastes From Around The Globe	School Classics	Roast Dinner	Fish Is The Dish
Main 1	Macaroni Cheese	Ham and Cheese Pizza	Beef Bolognese Pasta Bake	Roast Chicken with Stuffing ball and Gravy	Fish Fingers
Main 2	Tomato and Lentil Risotto Bake	Vegetable Pizza	Vegetable Bolognese Pasta Bake	Quorn Roast with Stuffing ball and Gravy	Vegetable Quiche
Main 3	Jacket Potato with Tuna Mayonnaise and side salad	Chicken Mayonnaise Baguette with side salad	Jacket Potato with Cheese and side salad	Ham Baguette with side salad	Jacket Potato with Baked Beans and side salad
Accompaniment 1	Broccoli	Raw Carrot Sticks	Cut Green Beans	Roast Potatoes	Potato Wedges
Accompaniment 2	Sweetcorn	Cucumber Sticks	Sweetcorn	Peas Carrots	Baked Beans
Dessert 1	Yoghurt (3.6g sugar)	Apple and Sultana Flapjack (7.6g sugar)	Coco Sponge with Custard (6.5g sugar)	Yoghurt and Pineapple (8g sugar)	Lemon Drizzle Cake (8g sugar)
Dessert 2	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Sugar specified as part of the [Defeat The Sweet Project](#)



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Autumn Term 2024 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Theme	Meat Free Monday	Tastes From Around The Globe	School Classics	Roast Dinner	Fish Is The Dish
Main 1	Quorn Sausage Pasta Bake	Chicken Curry	Chicken Fillet Bites	Roast Beef with Yorkshire Pudding and Gravy	Square Fish Fillet
Main 2	Vegetable Crumble	Vegetable and Lentil Curry	Vegetable Nuggets	Quorn Roast with Yorkshire Pudding and Gravy	Baked Bean Flan
Main 3	Jacket Potato with Tuna Mayonnaise and side salad	Jacket Potato with Chicken Mayonnaise and side salad	Cheese Baguette with side salad	Ham Baguette with side salad	Jacket Potato with Tuna Mayonnaise and side salad
Accompaniment 1	Sweetcorn	Rice	Potato Wedges	Mash Potato	Potato Wedges
Accompaniment 2	Broccoli	Sliced Green Beans	Carrot Sticks Tomato Sauce Sachet	Carrots Peas	Peas
Dessert 1	Yoghurt (3.6g sugar)	Apple Oaty Crumble with Custard (7.5g sugar)	Raspberry, Coco and Coconut Brownie (5g sugar)	Yoghurt and Peaches (8g sugar)	Blueberry Sponge (7.8g sugar)
Dessert 2	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

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Autumn Term 2024 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Theme	Meat Free Monday	Tastes From Around The Globe	School Classics	Roast Dinner	Fish Is The Dish
Main 1	No Meat Meatballs served with Pasta in a Tomato Sauce	Lincolnshire Sausage in Gravy	BBQ Chicken with a Wrap	Roast Pork with Stuffing Ball and Gravy	Salmon and Broccoli Pasta Bake
Main 2	Vegetable Risotto	Vegetable Sausage	BBQ Quorn Pieces with a Wrap	Quorn Roast with Stuffing Ball and Gravy	Cheesy Leek and Potato Pie
Main 3	Tuna Mayonnaise Baguette with side salad	Jacket Potato with Cheese with side salad	Ham Baguette with side salad	Jacket Potato with Cheese and side salad	Jacket Potato with Baked Beans and side salad
Accompaniment 1	Garlic Bread	Mashed Potato	Mixed Salad	Roast Potatoes	Peas
Accompaniment 2	Broccoli	Peas	Sweetcorn	Carrots Peas	Sweetcorn
Dessert 1	Yoghurt (3.6g sugar)	Mixed Berry Flapjack (7.2g sugar)	Banana and Custard (7g sugar)	Yoghurt and Blueberries (6.6g sugar)	Coco and Orange Sponge (7g sugar)
Dessert 2	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

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