

Autumn/Winter Menu 2022/23 week 1	Monday	Save the Planet Tuesday	Wednesday	Thursday	Friday	
CHOICE 1	Tomato & Basil Pasta (ve)	Planet Pizza Wedge (v)	Smoky Sausage & Mushroom Goulash (ve)	Homemade Chicken and Sweetcorn Pie & Gravy	"Coppermill School Favourite" Mac n Cheese with a Twist (ve)	
CHOICE 2	Chilli Con Carne	Planet Pizza Wedge (ve)	60/40 Beef Burger in Floured Bun	Spicy Singapore Noodles (v)	MSC Golden Crumb Fish Fingers & Lemon Slice	
CHOICE 3	Jacket Potato (ve) with Various Fillings	Thai Style Jasmine Rice (v)	Homemade Bean & Lentil Burger in a Floured Bun (v)	Squash & Spinach Curry (ve)	Spicy Mexican Bean Burrito (ve)	
Sides	Mixed Rice	Warm Pasta Salad	Oven Baked Skin-On Wedges Mixed Rice	Steamed Parsley Potatoes Mixed Rice	Oven Baked Chips	
Vegetables	Sweetcorn Mixed Vegetables	Minted Garden Peas Roasted Organic Carrots	Fresh Seasonal Broccoli Sweetcorn Cobs	Green Beans Fresh Season Green Cabbage	Baked Beans Minted Garden Peas	
Salads	Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection	
Desserts	Oaty Apple Crumble & Custard	Sticky Chocolate Brownie & Banana Nice Cream (ve)	Cheese & Crackers	Fruit & Ice Cream	Carrot Cake & Custard	
DAILY	Organic Fruit Yogurt with Seasonal Fresh Fruit	Fresh Fruit Salad	Organic Fruit Yogurt with Seasonal Fresh Fruit	Organic Fruit Yogurt with Seasonal Fresh Fruit	Organic Fruit Yogurt with Seasonal Fresh Fruit	
DAILY	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	
Bread	Homemade Garlic Bread	Garlic & Herb Bread	Homemade Bread	Rosemary and Cherry Tomato Focaccia	Homemade Bread	

