

## Autumn Winter 2022 Merton Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>  31/10/22 21/11/22 12/12/22 09/01/23 30/01/23 27/02/23 20/03/23	Option 1	Cheesy Swirl with New Potatoes	Sticky Chicken Noodles	Roast of the Day with Stuffing Ball Roast Potatoes and Gravy	Beef Burger in a Bun with Potato Wedges	Fishfingers/ Salmon Fishfingers with Chips
	Option 2	Tomato Pasta	Veggie Wrap Stack with Rice	Parsnip and Sweet Potato Loaf with Roast Potatoes and Gravy	French Bread Pizza	Cheese and Onion Quiche with Chips
	Vegetables	Vegetable Medley	Broccoli Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
	Dessert	Pear and Chocolate Crumble with Custard	Yoghurt & Raisin Cake	Fresh Fruit and Yoghurt Station	Seasonal Root Cake	Vanilla Shortbread
	Or a choice of Yoghurt & Fresh Fruit available daily					
<b>Week Two</b>  07/11/22 28/11/22 19/12/22 16/01/23 06/02/23 06/03/23 27/03/23	Option 1	Macaroni Cheese	Chicken Pie with New Potatoes	Roast of the Day with Stuffing Ball Roast Potatoes and Gravy	Vegan Bolognese with Spaghetti and Garlic Bread	Fishfingers with Chips
	Option 2	Vegetable Curry and Rice	Quorn Sausage Mashed Potato and Gravy	Roast Quorn, Roast Potatoes, Stuffing & Gravy	Vegan Meatballs in Tomato Sauce with Rice	Cheese and Bean Pasty with Chips
	Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
	Dessert	Oaty Cookie	Chocolate Drizzle Cake	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard	Raspberry Jelly with Mandarins
	Or a choice of Yoghurt & Fresh Fruit available daily					
<b>Week Three</b>  14/11/22 05/12/22 02/01/23 23/01/23 20/02/23 13/03/23	Option 1	Cheese and Tomato Pizza	Chicken Sausage in a Roll with Potato Wedges	Roast of the Day with Stuffing Ball, Roast Potatoes and Gravy	Vegetable Lasagne	Fishfingers with Chips
	Option 2	Veggie Chilli with Rice	Vegetarian Noodles	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chinese Vegetable Curry with Rice	Vegetable Jollof Rice
	Vegetables	Baked Beans Sweetcorn	Green Bean Carrots	Cauliflower Peas	Broccoli Carrots	Peas Baked Beans
	Dessert	Chocolate Cookie	Marble Cake	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard	Apple Flapjack
	Or a choice of Yoghurt & Fresh Fruit available daily					

### 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 you would like to know about particular allergens in foods 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. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.