

ALDERMAN KNIGHT SCHOOL – SPRING MENU 2023

Week A:

03/01/2023 16/01/2023 30/01/2023 13/02/2023
 06/03/2023 20/03/2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese and Tomato Quiche with Wedges (V)	Beef Burger in a Bun	Roast Gammon with Roast Potatoes & Gravy	Quorn Sausage Roll (V)	Battered Fish and Chips
Option 2	Jacket Potato with Ham, Cheese, Beans or Tuna and Salad or Vegetables	Jacket Potato with Ham, Cheese, Beans or Tuna and Salad or Vegetables	Jacket Potato with Ham, Cheese, Beans or Tuna and Salad or Vegetables	Jacket Potato with Ham, Cheese, Beans or Tuna and Salad or Vegetables	Jacket Potato with Ham, Cheese, Beans or Tuna and Salad or Vegetables
Vegetables	Peas Sweetcorn	Broccoli Carrots	Cauliflower Savoy Cabbage	Carrots Green Beans	Baked Beans Garden Peas
Dessert	Eves Pudding with Custard or Fruit	Lemon Drizzle with Icing or Fruit	Jelly or Fruit	Chocolate Sponge with Chocolate Sauce or Fruit	Crispy Cake or Fruit

Week B:

09/01/2023 23/01/2023 06/02/2023 27/02/2023
 13/03/2023 27/03/2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese and Tomato Pizza with Wedges (V)	Sausage & Mash with Gravy	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Quorn Spaghetti Bolognaise (V)	Fish Fingers and Chips
Option 2	Jacket Potato with Ham, Cheese, Beans or Tuna and Salad or Vegetables	Jacket Potato with Ham, Cheese, Beans or Tuna and Salad or Vegetables	Jacket Potato with Ham, Cheese, Beans or Tuna and Salad or Vegetables	Jacket Potato with Ham, Cheese, Beans or Tuna and Salad or Vegetables	Jacket Potato with Ham, Cheese, Beans or Tuna and Salad or Vegetables
Vegetables	Peas Sweetcorn	Carrots Green beans	Savoy Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Garden Peas
Dessert	Chocolate Crunch with Chocolate Sauce or Fruit	Cookie or Fruit	Flapjack or Fruit	Ice Cream or Fruit	Vanilla Shortbread or Fruit