

ALDERMAN KNIGHT SCHOOL – AUTUMN MENU 2022

Week A:

05/09/2022

19/09/2022

03/10/2022

17/10/2022

07/11/2022

21/11/2022

05/12/2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese and Tomato Pinwheel and Wedges (V)	Beef Burger in a Bun	Roast Gammon with Roast Potatoes & Gravy	Broccoli & Cheese Pasta Bake (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	Fruit Crumble 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:

12/09/2022

26/09/2022

10/10/2022

31/10/2022

14/11/2022

28/11/2022

12/12/2022

	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	Vegan 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	Eves Pudding with Custard or Fruit	Cookie or Fruit	Flapjack or Fruit	Ice Cream or Fruit	Vanilla Shortbread or Fruit