







# Wraysbury Spring/Summer/Autumn Menu 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	
WC 28/02/22 WC 21/03/22 WC 25/04/22 WC 16/05/22 WC 13/06/22 WC 04/07/22 WC 29/08/22 WC 19/09/22 WC 10/10/22	Option 1	Vegetable Enchiladas with Rice 	Beef Burger in a Bun with Potato Wedges	Roast Gammon, Roast Potatoes and Gravy	Chicken Curry with Rice  	Breaded Fish with Chips & Tomato Sauce
	Option 2	Spanish Omelette with new Potatoes	BBQ Quorn Fillet with Rice	Vegetable Wellington with Roast Potatoes & Gravy 	Macaroni Cheese	Vegan Mexican Roll with Chips & Tomato Sauce 
	Option 3	Pasta	Jacket Potato	Pasta	Jacket Potato	Pasta
	Vegetables	Cucumber Rainbow Slaw	Sweetcorn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert	Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack 	Fresh Fruit & Yoghurt	Orange & Cinnamon Cookie	Shortbread

WC 07/03/22 WC 28/03/22 WC 02/05/22 WC 23/05/22 WC 20/06/22 WC 11/07/22 WC 05/09/22 WC 26/09/22 WC 17/10/22	Option 1	Vegetable Meatballs with rice	Spaghetti Bolognese 	Roast Chicken, Roast Potatoes, Stuffing & Gravy 	BBQ Chicken Pizza with new potatoes 	Fishfingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice 	Vegan Spaghetti Bolognese 	Roast Quorn, Roast Potatoes, Stuffing, & Gravy	Vegan Burger in a Bun with Wedges & Tomato Sauce 	Cheese & Bean Pasty with Chips
	Option 3	Pasta	Jacket Potato	Pasta	Jacket Potato	Pasta
	Vegetables	Sweetcorn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweetcorn	Peas Baked Beans
	Dessert	Oaty Cookie	Lemon Drizzle Cake	Fresh Fruit & Yoghurt	Chocolate & Beetroot Brownie with Chocolate Sauce	Apple, Cheese & Crackers

WC 14/03/22 WC 04/04/22 WC 09/05/22 WC 06/06/22 WC 27/06/22 WC 18/07/22 WC 12/09/22 WC 03/10/22	Option 1	Cheese & Tomato Pizza with new potatoes 	Beef Lasagne with Garlic Bread 	Roast Turkey, Roast Potatoes & Gravy 	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2	Vegetable Lasagne	Tomato and Vegetable Pasta	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy	Vegan Sausage Hot Dog with Potato Wedges 	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Option 3	Pasta	Jacket Potato	Pasta	Jacket Potato	Pasta
	Vegetables	Green Beans Carrot & Beetroot Slaw	Coleslaw Sweetcorn	Carrot Broccoli	Sweetcorn Tomato Salsa	Peas Baked Beans
	Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins	Fresh Fruit & Yoghurt	Pineapple Loaf with Custard	Chocolate Shortbread

**Available Mon, Weds & Fri**  
Pasta with a choice of toppings

**Available Tues & Thurs**  
Jacket Potato with a choice of fillings

**Available Daily**  
Bread freshly baked on site and 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.