















The Croft WHF Winter Menu 2022

-  Added Plant Power
-  Vegan
-  Wholemeal

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|---|------------|--|---|--|---|---|
| Week One 30 August 20 Sept 11 Oct 8 Nov 29 Nov 3 Jan 24 Jan 14 Feb | Option 1 | Macaroni Cheese | Beef Burger with Potato Wedges | Roast Chicken with Stuffing, Roast Potatoes and Gravy | Beef Lasagne with Garlic Bread  | MSC Fishfingers/ Salmon Fish Fingers with Chips |
| | Option 2 | Soya Spaghetti Bolognaise  | Vegan Sausage Hot Dog with Potato Wedges  | Vegetable Wellington with Roast Potatoes and Gravy  | Tomato and Lentil Pasta with Garlic Bread  | Broccoli and Cheese Pasta Bake |
| | Option 3 | Baked Potato with Cheese, Beans or Tuna | Baked Potato with Cheese, Beans or Tuna | Baked Potato with Cheese, Beans or Tuna | Baked Potato with Cheese, Beans or Tuna | Baked Potato with Cheese, Beans or Tuna |
| | Vegetables | Green Beans Carrots | Coleslaw Sweetcorn | Cauliflower Broccoli | Roasted Mixed Vegetables | Baked Beans Garden Peas |
| | Dessert | Sticky Toffee Apple Crumble with Custard or Fruit or Yoghurt  | Chocolate and Mandarin Brownie, or Fruit or Yoghurt  | Iced Bun or Fruit or Yoghurt | Oaty Cookie or Fruit or Yoghurt   | Apple, Cheese and Biscuits or Fruit or Yoghurt |

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| Week Two 6 Sept 27 Sept 18 Oct 15 Nov 6 Dec 10 Jan 31 Jan | Option 1 | Cheese and Tomato Pizza New Potatoes  | Macaroni Beef Pasta Bake | Roast Turkey with Roast Potatoes and Gravy | Mediterranean Chicken Stew with Rice   | MSC Breaded Fish with Chips |
| | Option 2 | Vegetable Hotpot  | Potato and Courgette Stack | Roasted Quorn with Roast Potatoes and Gravy | Vegetarian Lasagne | Mexican Bean Roll with Chips  |
| | Option 3 | Baked Potato with Cheese, Beans or Tuna | Baked Potato with Cheese, Beans or Tuna | Baked Potato with Cheese, Beans or Tuna | Baked Potato with Cheese, Beans or Tuna | Baked Potato with Cheese, Beans or Tuna |
| | Vegetables | Green Beans Cauliflower | Peppers Garden Peas | Cabbage Carrots | Sweetcorn Broccoli | Baked Beans Garden Peas |
| | Dessert | Pear Crumble with Custard or Fruit or Yoghurt  | Chocolate Shortbread or Fruit or Yoghurt  | Lemon and Cucumber Sponge or Fruit or Yoghurt | Peach Upside Down Cake or Fruit or Yoghurt | Apple Flapjack or Fruit or Yoghurt |

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|---|------------|---|--|---|--|---|
| Week Three 13 Sept 4 Oct 1 Nov 22 Nov 13 Dec 17 Jan 7 Feb | Option 1 | Vegetarian Tortilla Stack with Rice  | Sausage Roll with Wedges | Roast Chicken with Stuffing, Roast Potatoes and Gravy | Chicken, Lentil and Gravy Pie with Mashed Potatoes  | MSC Fish in Batter with Chips |
| | Option 2 | Vegan Meatballs in Tomato Sauce with Rice   | Shepherdess Pie with Gravy  | Mixed Vegetable Loaf with Roast Potatoes and Gravy | Wholemeal Vegetable Pasta Bake | BBQ Quorn with Chips |
| | Option 3 | Baked Potato with Cheese, Beans or Tuna | Baked Potato with Cheese, Beans or Tuna | Baked Potato with Cheese, Beans or Tuna | Baked Potato with Cheese, Beans or Tuna | Baked Potato with Cheese, Beans or Tuna |
| | Vegetables | Broccoli Sweetcorn | Garden Peas Carrots | Carrot and Swede Mash | Green Beans Cauliflower  | Baked Beans Garden Peas |
| | Dessert | Rice Pudding with Mixed Berries or Fruit or Yoghurt | Chocolate Sponge with Chocolate Sauce or Fruit or Yoghurt | Fruity Shortbread or Fruit or Yoghurt | Apple Sponge and Custard or Fruit or Yoghurt | Pinwheel Cookie or Fruit or Yoghurt  |

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 your child has an allergy or intolerance 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.

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