



Wellow House School

SPRING TERM 2025

<u>Week 1</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Main option	Cheese and Tomato Pizza	Chicken Curry	Spaghetti Bolognaise	Roast Gammon	Fish Fingers
Vegetarian option	Cheese and Tomato Pizza	Red lentil and Spinach Curry	Meat free Bolognaise	Quorn fillet	Mediterranean Tart
Sides	Potato Wedges Garden Peas	Wholegrain Rice Green Beans Mango Chutney	Garlic Bread Broccoli	Roast potatoes Carrots Green Cabbage	Mashed potato Baked Beans
Dessert	Chocolate Chip Cookie Fresh fruit yoghurt	Fruit crumble with custard Fresh fruit yoghurt	Butterscotch Tart Fresh fruit yoghurt	Steamed jam sponge with custard Fresh fruit yoghurt	Iced Finger Fresh fruit yoghurt

Jacket potato with fillings available daily



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<u>Week 2</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Main option	Cheese and bacon slice	Sweet and sour chicken	Pork sausages	Minced beef and onions in a Yorkshire pudding	Battered cod fillet
Vegetarian option	Cheese and tomato slice	Sweet and sour Quorn	Meat free sausages	Vegetarian mince and onions in a Yorkshire pudding	Vegetable fingers
Sides	Diced potatoes Baked beans	Stir fried vegetables Noodles	Mashed potatoes Carrots Green cabbage Gravy	Roast potatoes Broccoli sweetcorn	Chunky chips Peas Tomato ketchup
Dessert	Chocolate shortbread Fresh fruit yoghurt	Steamed syrup sponge with custard Fresh fruit yoghurt	Apple flapjack Fresh fruit yoghurt	Strawberry delight Fresh fruit yoghurt	Cornflake tart with custard Fresh fruit yoghurt

Jacket potato with fillings available daily



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<u>Week 3</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Main option	Southern Style Burger	Chicken and sweetcorn pasta bake	BBQ Pulled pork wraps	All day breakfast inc. bacon, sausage	Fish Fingers
Vegetarian option	Southern Style Quorn Burger	Garlic mushroom pasta bake	Shredded Quorn in BBQ sauce wraps	Quorn sausage Scrambled egg	Quiche
Sides	Potato Wedges Garden Peas	Garlic Bread Carrots Noodles	Savoury Rice Sweetcorn Green Beans	Hash browns Baked beans Mushrooms Tomatoes	Mashed potato Peas Tomato ketchup
Dessert	Rice Pudding with jam Fresh fruit yoghurt	Fruit crumble with custard Fresh fruit yoghurt	Fruit muffins Fresh fruit yoghurt	Jelly with fresh fruit Fresh fruit yoghurt	Chocolate pudding with chocolate sauce Fresh fruit yoghurt

Jacket potato with fillings available daily