

# Brookvale

**THREE WEEK MENU**  
**AUTUMN/WINTER 2022**  
Halal options available

**OUR NEW  
MENU CHOSEN  
BY PARENTS  
AND CHILDREN**

**YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY**



# WEEK 1 MENU

W/C: 31.10.22 / 21.11.22 / 12.12.22 / 02.01.23 /  
23.01.23 / 13.02.23 / 06.03.23 / 27.03.23



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022/23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Fish Fingers</b> Served with Chips, Peas and Beans	<b>Chicken Pie</b> Served with Mashed Potato and Gravy	<b>Roast Turkey</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> 🍷 🌿 Served with Wholemeal Pasta, Broccoli and Sweetcorn	<b>Cheese and Tomato Pizza</b> ✓ Served with Peas and Carrots
Alternative Dish	<b>Quorn Dippers</b> ✓ Served with Chips, Peas and Beans	<b>Macaroni Cheese</b> ✓ Served with Sweetcorn and Salad	<b>Vegan Sausage Casserole</b> ✓ 🍷 Served with Carrots and Cabbage	<b>Vegetarian Bolognese</b> ✓ 🍷 🌿 Served with Wholemeal Pasta, Broccoli and Sweetcorn	<b>Vegetarian Sausage</b> ✓ 🍷 Served with Mashed Potato and Gravy
Third Choice	-	<b>Jacket Potato with Salmon Mayonnaise</b> 🐟	-	-	-
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato	<b>Jacket Potato</b> ✓ 🍷 With a choice of fillings	<b>Jacket Potato</b> ✓ 🍷 With a choice of fillings	<b>Jacket Potato</b> ✓ 🍷 With a choice of fillings	<b>Jacket Potato</b> ✓ 🍷 With a choice of fillings	<b>Jacket Potato</b> ✓ 🍷 With a choice of fillings
Pasta	<b>Tomato Pasta</b> ✓ 🌿 🍷 Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	<b>Peas and Beans</b>	<b>Sweetcorn and Fresh Salad</b>	<b>Carrots and Cabbage</b>	<b>Fresh Broccoli and Sweetcorn</b>	<b>Carrots and Peas</b>
Dessert	<b>Ice Cream Milkshake with Shortbread</b>	<b>Hot Chocolate Sponge with Chocolate Custard</b>	<b>Oat Cookie with Fruit Slices</b> 🍷 🍏	<b>Apple Crumble with Custard</b> 🍷 🍏	<b>Vanilla Ice Cream</b>

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD  
YOGHURT AND FRESH FRUIT

✓ Vegetarian 🐟 Oily fish 🌿 Wholegrain 🍏 Fruity! 🍷 Nutritionist's choice

# WEEK 2 MENU

W/C: 07.10.22 / 28.11.22 / 09.01.23 / 30.01.23 / 13.03.23 / 03.04.23



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022/23

Hot Main Dish	Breaded Fish Served with Chips, Peas and Beans	Trinidad Chicken Rice Served with Peas and Broccoli	Roast Chicken Served with Yorkshire Pudding, Mashed Potato and Gravy	Keralan Chicken Curry Served with Wholemeal Rice, Sweetcorn and Green Beans	Cheese and Tomato Pizza Served with Carrot and Cucumber Sticks
Alternative Dish	Quorn Dippers Served with Chips, Peas and Beans	Sweet Chilli Vegetable Noodles Served with Peas and Broccoli	Vegetable Pie Served with Mashed Potato and Gravy	Cauliflower and Sweet Potato Masala Served with Wholemeal Rice, Sweetcorn and Green Beans	Chinese Vegetable Noodles Served with Carrot and Cucumber Sticks
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings
Pasta	Tomato Pasta Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Peas and Beans	Peas and Broccoli	Carrots and Cabbage	Sweetcorn and Green Beans	Carrot and Cucumber Sticks
Dessert	Strawberry Milkshake served with Fresh Fruit	Orange Shortbread 	Chocolate Ice Cream	Raspberry Ripple Cake	Jam Sponge

**AVAILABLE EVERY DAY**

WATER, SALAD, FRESHLY BAKED BREAD  
YOGHURT AND FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice



# WEEK 3 MENU

W/C: 14.11.22 / 05.12.22 / 16.01.23 / 06.02.23 / 27.02.23 / 20.03.23



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022/23

Hot Main Dish	Southern Fried Chicken Served with Chips, Peas and Beans	Jerk Chicken Served with Wholemeal Rice	Roast Chicken Served with Roast Potatoes and Gravy	Beef Keema Curry Served with Wholemeal Rice, Sweetcorn and Green Beans	Cheese and Tomato Pizza Served with Peas and Carrots
Alternative Dish	Quorn Dippers Served with Chips, Peas and Beans	Vegetable Chow Mein Served with Broccoli and Sweetcorn	Vegetable Pastry Roll Served with Roast Potatoes and Tasty Gravy	Vegetarian Cottage Pie Served with Sweetcorn, Green Beans and Gravy	Vegetarian Bolognese Served with Wholemeal Rice
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings
Pasta	Tomato Pasta Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Peas and Beans	Broccoli and Sweetcorn	Carrots and Cabbage	Sweetcorn and Green Beans	Peas and Carrots
Dessert	Chocolate Milkshake served with Chocolate Biscuit	Fruit Flapjack 	Lemon Drizzle Cake	Chocolate Slice	Strawberry Ice Cream

**AVAILABLE EVERY DAY**

WATER, SALAD, FRESHLY BAKED BREAD  
YOGHURT AND FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice