



MENU

Food. Health. Earth. **AUTUMN/WINTER 2022/23**

FREE

for every Gastronomist in Reception and Years 1 and 2! (worth £460 per school year)

OR

ONLY

£2.60



Outstanding quality prepared by award winning Chefs



Reduced sugar and salt recipes



Unlimited freshly baked bread and vegetables, crudites or salad bar every day

WEEK 1

Week starting: 31 Oct
21 Nov | 12 Dec | 16 Jan
6 Feb | 6 Mar | 27 Mar

MONDAY

Margherita pizza with herby potatoes and coleslaw

Veggie bean taco with herby potatoes and coleslaw

DESSERT: Fruit salad*

TUESDAY

Chicken katsu curry with white rice and broccoli

Vegan nuggets with katsu sauce, rice and baked beans

DESSERT: Fruit jelly with crème fraiche

WEDNESDAY

Roast British gammon with roast potatoes, carrots and gravy

Vegan sausage with roast potatoes, carrots and gravy

DESSERT: Yoghurt selection

THURSDAY

Beef Bolognese with wholemeal pasta and sweetcorn

Vegetarian Bolognese with wholemeal pasta and green beans

DESSERT: Apple muffin*

FRIDAY

Salmon and sweet potato fishcake with oven baked chips and baked beans

Vegetable fingers with oven baked chips and peas

DESSERT: Vanilla Ice cream

Suitable for Vegetarians.

*Desserts highlighted with an asterisk contain a minimum of 50% fruit. Fruit or yoghurt is available daily as an alternative to the advertised pudding. Please check with the school as the menus may be changed to meet the needs of the school.



Twelve 15 are supporting Healthy Schools in Surrey

WEEK 2

Week starting: 7 Nov
28 Nov | 2 Jan | 23 Jan
20 Feb | 13 Mar

MONDAY

Mac 'n' cheese with herby potatoes and mixed salad

Veggie burrito with herby potatoes and mixed salad

DESSERT: Oaty apple muffin with fresh apple slices*

TUESDAY

Pork sausage with herby potatoes and peas

Tomato and basil gnocchi with garlic bread and sweetcorn

DESSERT: Chocolate brownie

WEDNESDAY

Roast British beef with Yorkshire pudding, roast potatoes, broccoli and gravy

Vegan Cumberland sausage with roast potatoes, carrots and gravy

DESSERT: Fruit salad*

THURSDAY

Pork and carrot meatballs in tomato sauce with wholemeal pasta and green beans

Quorn meatballs in tomato sauce with white rice and cauliflower

DESSERT: Yoghurt selection

FRIDAY

Pollock fish fingers with oven baked chips and baked beans

Vegetable fingers with oven baked chips and baked peas

DESSERT: Chocolate and orange shortbread

WEEK 3

Week starting: 14 Nov
5 Dec | 9 Jan | 30 Jan
27 Feb | 20 Mar

MONDAY

Vegan sausage role with oven baked chips and peas

Cheese and broccoli quiche with freshly baked bread and carrots

DESSERT: Lemon drizzle cake

TUESDAY

Cumberland pork sausages with mashed potato and green beans

Mediterranean vegetable pasta bake with sweetcorn

DESSERT: Cheese and biscuit

WEDNESDAY

Roast British chicken with sage and onion stuffing, roast potatoes, winter greens and gravy

Quorn fillet with sage and onion stuffing, roast potatoes, winter greens and gravy

DESSERT: Yoghurt selection

THURSDAY

Pasta Bolognese with broccoli

Veggie Moroccan meatballs with wholemeal pasta and carrots

DESSERT: Melon selection*

FRIDAY

Breaded Pollock fillet with oven baked chips and peas

Vegan nuggets with oven baked chips and baked beans

DESSERT: Chocolate and pear sponge

JOIN OUR SOCIAL CHANNELS!

We have so much more to show, to say, to talk about and we do just that on our social channels regularly! So join us and be a part of the conversation.



Follow us
@itsTwelve15