



Prudhoe West Academy – EYFS Lunch Menu

Autumn – Winter 2023/4



Wise Catering Services



Week	Meat Free Monday	Tuesday	Midweek Roast Wednesday	Thursday	Fishy Friday
Week 1	Veggie meatball and mozzarella pasta bake with garlic bread Apple & Syrup Sponge with Custard	Mince and dumplings with mashed potatoes Strawberry & Peach Jelly with Dessert Topping	Gammon with roast potatoes and Yorkshire pudding Ice Cream Tub	Mild chicken curry with rice and naan bread Chocolate Apricot Pudding & Custard	Fish cakes, chips and beans Cherry Flapjack
Week 2	Cheese and tomato pizza with garlic and herb wedges Peach Slices & Custard	Cheesy pepper pasta with crusty roll Mississippi Mud Pie & Mandarins	Pork with roast potatoes and Yorkshire pudding Frosted Coconut Cake	Chicken and vegetables with parsley potatoes Sticky Toffee Pear Pudding & Custard	Battered fish, chips and peas Lemon & Blueberry Muffin
Week 3	Mixed pepper pizza with crispy potato cubes Creamed Rice Pudding & Jam	Pork sausages in gravy with mashed potato Strawberry Yoghurt & Lemon Shortbread	Chicken with roast potatoes and Yorkshire pudding Ice Cream & Fruit Cocktail	Peppered chicken with rice and naan bread Apple Crumble & Custard	Jumbo breaded fish finger wrap with chips Choc-Orange Muffin



ADDITIONAL DESSERTS

Fresh fruit & low fat yoghurt are available every day as an alternative to the sweet of the day.



Please notify the school office of any cultural or medical dietary requirements.

Please note on occasion we may need to substitute or change menu options due to the availability of products and ingredients



All of our meals are accompanied by the vegetable of the day