



North Wolds Federation Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Quorn Cottage pie with gravy	Chicken Fillet Bites	Beef Bolognaise wholemeal pasta bake	Roast Chicken in gravy with Stuffing	Fish Square
Main 2	Tomato, Basil and Bean Pasta Bake	Vegetable Bites	Vegetarian Bolognaise pasta Bake	Quorn Roast in gravy with Stuffing	Salt and Vinegar Quorn Fishless Fillet
Main 3	Jacket potato with cheese and salad	Baguette with Ham and salad	Jacket Potato with Tuna Mayonnaise and salad	Baguette with Cheese and Salad	Jacket Potato with Baked Beans and Salad
Accompaniment 1	Peas	Seasoned Wedges	Wholemeal Bread	Roast Potatoes	Chipped Potatoes
Accompaniment 2	Broccoli	Baked Beans	Sweetcorn	Carrots	Peas
Dessert 1	Yogurt pot with peaches	Apple Crumble with cream	Greek yogurt with Pineapple	Sultana Flapjack	Coco Sponge with chocolate custard
Dessert 2	Fresh Seasonal fruit	Fresh Seasonal fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit

Week 1 Menu – January 2024

For Allergens see the allergen list on the school website. <https://www.marketrasen.lincs.sch.uk/food.php> <https://www.nettleton.lincs.sch.uk/food.php>



North Wolds Federation Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Quorn Sausage and Bean Wholemeal Pasta Bake	Cheese and Ham pizza on a wholemeal Baguette	Cheeseburgers	Roast Gammon in Gravy	Salmon Fishcake
Main 2	Vegetable and Bean Risotto	Vegetable pizza on a wholemeal Baguette	Veggie Burger	Quorn Roast in Gravy	Vegetable and cheese crumble pie
Main 3	Jacket Potato with Cheese and Salad	Cheese Baguette with Salad	Jacket Potato Tuna Mayonnaise and Salad	Ham Baguette and Salad	Jacket Potato and Baked Beans
Accompaniment 1	Wholemeal Bread	Seasoned wedges	Carrot Sticks	Roast Potatoes	Lemon, garlic and mixed vegetable Rice
Accompaniment 2	Sweetcorn	Beans	Salad	Carrots	Broccoli
Dessert 1	Yogurt Pot and Blueberries	Apple Flapjack	Raspberry Jelly and custard	Greek yogurt and Pineapple	Lemon Drizzle cake
Dessert 2	Fresh seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit

Week 2 Menu – January 2024

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North Wolds Federation Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Macaroni Cheese	Sausages in Gravy	Mild Chicken Korma	Roast Beef and Yorkshire Pudding	Jumbo fish finger with Tomato Sauce Sachet
Main 2	Roasted Vegetable and Bean Pasta Bake	Quorn Vegan Sausages in gravy	Mild Vegetable Korma	Quorn Roast and Yorkshire Pudding	Vegetable Sausage
Main 3	Cheese Baguette and Salad	Jacket Potato and Tuna Mayonnaise with Salad	Ham Baguette and Salad	Cheese Baguette and Salad	Jacket Potato with Baked Beans and Salad
Accompaniment 1	Garlic Bread	Mashed Potatoes	Brown Rice	Roast Potatoes	Seasoned Wedges
Accompaniment 2	Sweetcorn	Peas	Green Beans	Carrots	Peas
Dessert 1	Yogurt Pot and Melon	Raspberry Flavour Jelly and cold Custard	Greek Yoghurt and Pineapple	Blueberry Flapjack	Apple crumble and custard
Dessert 2	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit

Week 3 Menu- January 2024

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