

Hot Meal Henw Winter 2023-24 3 Choice

Jacket potato with a choice of fillings on the menu daily

Week One | 30th Oct | 20th Nov | 11th Dec | 15th Jan | 5th Feb | 4th Mar | 25th Mar

Monday

Pork sausages, gravy & mashed potato or Tomato pasta (ve)

Chocolate shortbread

Tuesday

BBO Chicken sub with waffle fries or Cheese & tomato pizza with waffle fries (v)

Marble sponge

Wednesday

Macaroni cheese (v) or Vegetable goujons with potato wedges (ve)

Iced cookie

Thursday

Roast chicken, gravy & roast potatoes

or Vegetarian pasty, gravy & roast potatoes (v)

Mini flapjack with fruit wedges

Friday

Fish fingers with chips or Sweet potato & lentil curry with rice (ve)

Apple & cinnamon crumble with custard

Week Two | 6th Nov | 27th Nov | 1st Jan | 22nd Jan | 19th Feb | 11th Mar

Katsu chicken curry with rice (n)

Vanilla crunch

or Veggie sausage with potato crispers (ve,n)

Banana & chocolate

or Cheese & tomato pizza with potato wedges (v)

Vegan sausage roll with mashed potato (ve)

or Tomato pasta (ve)

Beef Bolognese pasta

Winter honey

Roast pork, gravy & roast potatoes or Cheesy whirl, gravy & roast potatoes (v) seasonal veg Mini chocolate crispy with fruit wedges

Salmon fishcakes with chips or Quorn nuggets with chips (ve)

Iced sponge

Week Three | 13th Nov | 4th Dec | 8th Jan | 29th Jan | 26th Feb | 18th Mar

Monday

Chicken nuggets with mashed potato or Veggie burger with mashed potato (ve)

Mini shortbread with fruit wedges

Dessert Uption

Tuesday

Cheesy bacon pasta (n)

Oaty biscuit

Wednesday

or Cheese & tomato pizza with potato crispers (v)

Quorn burger in a bun with waffle fries (v) or Vegetarian Bolognese with pasta (v)

All dishes are served \

/ All dishes are served \

seasonal veg

All dishes are served

Jam doughnut muffin

Thursday Chicken & sweetcom pie with the control of Veggie sausage turnover, gravy & roast potatoes (ve,n)

& salad /

flapjack

Apple & apricot

Friday

Battered fish with chips or Cheese & potato patty with chips (v,n)

Chocolate sponge with chocolate sauce

Selection of fruit, seasonal salad, freshly made bread, yoghurt & water - available daily! www.citycateringsouthampton.co.uk