IFGIndependent



Windlesham School & Nursery



	Monday	Tuesday	Wednesday	Thursday	Friday	
Bread		Soup of the da	y with croutons, herb	s and toppings		
Main course	Freshly Made Margherita Pizza	Chicken & Pineapple in Barbeque Sauce	Roast turkey Yorkshire pudding and gravy	Beef bolognaise ragu Penne pasta	Oven Cooked Chicken Burger	
Vegetarian main course (jacket potato everyday)	Vegan Roasted vegetable pizza	Stuffed Peppers with Rice & Beans	Root vegetable Stuffing loaf Yorkshire pudding and gravy	Quorn Meatballs	Vegan Burger	
Sides	Potato Wedges Sweetcorn Tomato & Basil Salad	Steamed brown & white rice Green beans Broccoli	Roast potatoes Carrot Seasonal cabbage	Courgettes Sweetcorn Garlic bread	Oven chips Garden peas Baked beans	
Dessert	Oaty Sultana Cookie	Jaffa & chocolate chip sponge	Raspberry Cheese cake	Chocolate Rice Krispy Square	Lemon, poppy seed & oat muffin	
Big bowl salad	New potato & dill	Pasta Peas, watercress and courgette	Caesar salad	Sweet potato, Chickpea & Chive	Taco pepper & rice salad	
salads	Daily selection of salads, dressings and toppings					
fruit bar	Daily selection of fruit					
Yoghurt Bar (natural yoghurt, honey, oat granola)		Daily selection of str	awberry, peach, raspl	perry, vanilla, banana		

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Windlesham School & Nursery WEEK 2

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		Monday	Tuesday	Wednesday	Thursday	Friday	
	Bread	Soup of the day with croutons, herbs and toppings					
	Main course	Rainbow Frittata	Home-made Beef Lasagne	Roast Chicken Yorkshire pudding and gravy	Wok fried Chicken, Vegetables & Egg Noodles	Oven Baked Breaded Cod Fillet Tomato Ketchup	
	Vegetarian main course (jacket potato everyday)	Plant based Cumberland sausages Onion gravy	Veggie Lasagne	Root Vegetable Pie	Wok fried edamame beans, Vegetable & rice noodles	Vegan fish finger Tomato ketchup	
	Sides	New Potatoes Carrots Cauliflower	Garlic Bread Sweetcorn Green beans	Roast potatoes Carrots Savoy cabbage	Chinese Leaves & Beansprouts Broccoli	Oven chips Garden peas Baked beans	
	Dessert	Blueberry Jelly & Cream	Frosted Carrot Cupcake	Pancake Chocolate <mark>-</mark> Sauce	Raspberry & White Chocolate Flapjack	Lemon Yoghurt Mousse	
A CONTRACTOR OF A CONTRACTOR O	Big bowl salad	Caesar salad	Roasted Mexican Vegetables & Beans	Garlic Mushroom & Herbs	Broccoli, Cauliflower Sunflower Seed	Balsamic Red Cabbage & Apple	
	salads	Daily selection of salads, dressings and toppings					
	fruit bar	Daily selection of fruit					
	Yoghurt Bar (natural yoghurt, honey, oat granola)	Daily selection of vanilla ,raspberry , banana, peach , strawberry					

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WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	
Bread		Soup of the da	y with croutons, herb	s and toppings		
Main course	Sweet & Sour Vegetables	Lemon & Oregano Chicken with Mediterranean Vegetables	Gammon, Yorkshire Pudding, Gravy	Katsu Chicken & Vegetable Curry	Beef Burger	
Vegetarian main course (jacket potato everyday)	Spring Roll with Sweet Chilli Relish	Falafels Tzatziki	Lentil & Vegetable Hotpot	Sweet Potato & Vegetable Katsu Curry	Vegan Fish Fingers in a bap	
Sides	Steamed Brown & White Rice Sweetcorn Stir Fried Greens	New potatoes Greek Salad Green beans	Roasted New Potatoes Carrots Garden peas	Sweetcorn Broccoli Steamed Brown & White Rice	Chunky chips Peas Beans	
Dessert	Banana, Oat & Cinnamon Muffin	Apple Crumble Custard	Lemon Curd Cheesecake	Victoria Sponge	Chocolate Beetroot Brownie	
Big bowl salad	Puy Lentil Roasted Beetroot Flat Parsley	Sweetcorn, Tomato, Red Onion and Coriander	Tuna Green Olives Egg	Spinach, Tomato & Feta	Caesar Salad	
salads	Daily selection of salads, dressings and toppings					
fruit bar	Daily selection of fruit					
Yoghurt Bar (natural yoghurt, honey, oat granola)	Daily selection of vanilla , raspberry , banana, peach , strawberry					