

● **Wokingham Borough Council Spring Menu 2022** ●



- Added Plant Power
- Vegan
- Wholemeal
- Chef's Special

|   | Monday     | Tuesday                              | Wednesday                  | Thursday   | Friday                          |  |
|---|------------|--------------------------------------|----------------------------|--|---------------------------------|--|
| <b>Week One</b><br>03/01/2022<br>24/01/2022<br>14/02/2022<br>14/03/2022<br>04/04/2022 | Option 1   | Tomato & Vegetable Pasta             | Jerk Chicken with Rice     | Roast Beef, Roast Potatoes & Gravy               | Chinese Chicken Curry with Rice | Breaded Fish with Chips & Tomato Sauce       |
|   | Option 2   | Spanish Omelette with New Potatoes   | BBQ Quorn Fillet with Rice | Vegetable Wellington with Roast Potatoes & Gravy | Sweet & Sour Noodles            | Vegan Mexican Roll with Chips & Tomato Sauce |
|   | Vegetables | Cucumber Rainbow Slaw                | Sweet Corn Mixed Peppers   | Cabbage Broccoli                                 | Green Beans Carrots             | Peas Baked Beans                             |
|   | Dessert    | Carrot & Courgette Cake with Custard | Apple & Raisin Flapjack    | Fresh Fruit & Yoghurt Station                    | Orange & Cinnamon Cookie        | Peaches & Ice Cream                          |
| Or a choice of Yoghurt & Fresh Fruit available daily                                  |            |                                      |                            |  |                                 |  |

|   |            |                                      |                            |   |   |   |
|---|------------|--------------------------------------|----------------------------|---|---|---|
| <b>Week Two</b><br>10/01/2022<br>31/01/2022<br>28/02/2022<br>21/03/2022 | Option 1   | Macaroni Cheese                      | Spaghetti Bolognaise       | Roast Chicken, Roast Potatoes, Stuffing & Gravy | Chef James Chicken Jollof Rice                    | Fish Fingers or Salmon Fish Fingers with Chips & Tomato Sauce |
|   | Option 2   | Vegetable Curry with Rice            | Vegan Spaghetti Bolognaise | Roast Quorn, Roast Potatoes, Stuffing, & Gravy  | Vegan Burger in a Bun with Wedges & Tomato Sauce  | Cheese & Bean Pasty with Chips                                |
|   | Vegetables | Sweet Corn Cauliflower               | Mixed Peppers Green Beans  | Carrots Peas                                    | Broccoli Sweet Corn                               | Peas Baked Beans  |
|   | Dessert    | Apple & Berry Crumble with Ice Cream | Lemon Drizzle Cake         | Fresh Fruit & Yoghurt Station                   | Chocolate & Beetroot Brownie with Chocolate Sauce | Apple, Cheese & Crackers                                      |
| Or a choice of Yoghurt & Fresh Fruit available daily                    |            |                                      |                            |   |   |   |

|   |            |                                    |                                |  |  |  |
|---|------------|------------------------------------|--------------------------------|--|--|--|
| <b>Week Three</b><br>17/01/2022<br>07/02/2022<br>07/03/2022<br>28/03/2022 | Option 1   | Falafel with Lemon & Herb Couscous | Chicken Fajitas with Rice      | Roast Turkey, Roast Potatoes & Gravy               | Pork Sausage Hot Dog with Potato Wedges  | Fish in Batter with Chips & Tomato Sauce               |
|   | Option 2   | Cheese & Tomato Pizza              | Vegetable Enchiladas with Rice | Lentil & Basil Puff Pastry, Roast Potatoes & Gravy | Vegan Sausage Hot Dog with Potato Wedges | Cheese & Red Pepper Frittata with Chips & Tomato Sauce |
|   | Vegetables | Green Beans Carrot & Beetroot Slaw | Coleslaw Sweet Corn            | Carrot Broccoli                                    | Sweet Corn Tomato Salsa                  | Peas Baked Beans                                       |
|   | Dessert    | Lemon & Mixed Berry Cake           | Raspberry Jelly & Mandarins    | Fresh Fruit & Yoghurt Station                      | Pineapple Loaf with Custard              | Chocolate Shortbread                                   |
| Or a choice of Yoghurt & Fresh Fruit available daily                      |            |                                    |                                |  |  |  |

**Available Daily:**

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

**ALLERGY INFORMATION:**  
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.