

# Forest Hills

## THREE WEEK MENU

AUTUMN/WINTER 2022

OUR NEW  
MENU CHOSEN  
BY PARENTS  
AND CHILDREN



YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



# WEEK 1 MENU

W/C: 31/10, 21/11, 12/12, 16/01,  
06/02, 06/03, 27/03



MONDAY







TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Cheese and Tomato Pizza  	Chicken Tikka Masala with Rice 	Roast Gammon with Mash	Beef Bolognaise with Pasta 	Fish Fingers and Chips
Alternative Dish	Vegetable Bolognaise  	Vegetable Meatballs and Pasta 	Quorn Roast 	Macaroni Cheese 	Quorn Dippers and Chips 
Desserts	Orange Shortbread 	Chocolate Cake	Cheese and Biscuits	Jam Sponge and Custard 	Vanilla Ice Cream

## AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD,  
YOGHURT & FRESH FRUIT

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice

Internal

# WEEK 2 MENU

W/C: 07/11, 28/11, 02/01, 23/01,  
13/02, 13/03



MONDAY













TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Cheese and Tomato Pizza  	Sausage and Mash	Roast Turkey (with mash) 	Beef Burger and Wedges -	Fish Fingers and Chips
Alternative Dish	Macaroni Cheese 	Vegetable Sausage and Mash  	Quorn Roast 	Vegetable Cottage Pie  	Quorn Dippers and Chips 
Desserts	Pineapple Upside-Down Cake 	Chocolate Shortbread	Orange Cake 	Banana Flapjack 	Chocolate Ice Cream

## AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD,  
YOGHURT & FRESH FRUIT



Vegetarian



Oily fish



Wholegrain



Fruity!



Nutritionist's Choice



# WEEK 3 MENU

W/C: 14/11, 05/12, 09/01, 30/01,  
27/02, 20/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



AUTUMN/WINTER 2022

Hot Main Dish	Cheese and Tomato Pizza	Meatballs and Pasta	Roast Gammon	Big Breakfast	Fish Fingers and Chips
and Alternative Dish	Macaroni Cheese	Vegetable Meatballs and Pasta	Quorn Roast	Vegetable Hot Dog and Wedges	Quorn Dippers and Chips
Desserts	Chocolate and Banana Marble Cake	Shortbread	Chocolate Oatie Biscuit	Raspberry Cake	Vanilla Ice Cream



## AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD,  
YOGHURT & FRESH FRUIT



Vegetarian



Oily fish



Wholegrain



Fruity!



Nutritionist's Choice

Internal