



										Feel Good Thursday			Basket Meal		
										W/C Thursday 3 rd Jan			Friday		
Main Course 1										Beef Cottage Pie ✓			Hot Dog in a Roll		
Main Course 2 (V)										Quorn Cottage Pie ✓			Quorn Dog in a Roll		
Main Course 3										Jumbo Fish Finger			Assorted Rolls ✓		
Starchy Food										Mashed Potatoes Potato Wedges			Oven Chips		
Dessert 1										Fruit Crumble & Custard ✓			Assorted Ice Cream Tub		
Dessert 2										Carrot Cake ✓			Chocolate & Orange Marble Cake ✓		
A	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last
		Y5	Y4		Y6	Y5		Y3	Y6		Y4	Y3		Y5	Y4

NIGHTINGALE'S LUNCH WEEK	Top Ten Favourite			Roast			Comfort Food			Feel Good Thursday			Basket Meal		
	W/C Monday 7 th Jan			Tuesday			Wednesday			Thursday			Friday		
Main Course 1	Chicken Nuggets			Chicken Fillet in Gravy & Yorkshire Pudding			Wistow Sausage Roll ✓			Margarita Pizza ✓			Beef Burger in a Bun		
Main Course 2 (V)	Vegetable Nuggets			Quorn Fillet in Vegetarian Gravy & Yorkshire Pudding			Cheese Whirl ✓						Quorn Southern Style Burger in a Bun		
Main Course 3	Bubble Crumb Salmon Fillet (gluten free)						Quorn Sausage Roll ✓			Fishcake			Assorted Rolls ✓		
Starchy Food	Potato Wedges Dauphinoise Potatoes			Mashed Potatoes New Potatoes ✓			Mashed Potatoes New Potatoes ✓			Potato Smiles New Potatoes ✓			Oven Chips		
Dessert 1	Chocolate Fudge Brownie ✓			Iced Sponge & Pink Sauce ✓			Chocolate Chip Sponge & Custard ✓			Apple & Blackberry Crunch Pie & Vanilla Sauce ✓			Flapjack ✓		
Dessert 2				Fruit Salad & Shortbread ✓			Fromage Frais & Sponge Finger			Chocolate Chip Cookie ✓			Ice Cream Cone		
B	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last
		Y6	Y5		Y3	Y6		Y4	Y3		Y5	Y4		Y6	Y5

	Top Ten Favourite			Roast			Comfort Food			CENSUS DAY			Basket Meal		
	W/C Monday 14 th Jan			Tuesday			Wednesday			Thursday			Friday		
Main Course 1	Fish Star			Turkey Fillet in Gravy & Yorkshire Pudding			Sausages in BBQ Sauce (optional) ✓			Chicken Nuggets			Chicken Fillet in a Bun		
Main Course 2 (V)	Quorn Bolognese ✓			Quorn Fillet in Vegetarian Gravy & Yorkshire Pudding			Quorn Sausage in BBQ Sauce (optional) ✓			Margarita Pizza ✓			Quorn Ball Sub		
Main Course 3	Beef Bolognese ✓						Ploughman's (Grated Cheese, Pickled Onion & Bread Roll) ✓						Assorted Rolls ✓		
Starchy Food	New Potatoes ✓ Potato Smiles			Mashed Potatoes New Potatoes ✓			Potato Wedges Mashed Potatoes			New Potatoes ✓ Oven Herb Diced Potatoes			Oven Chips		
Dessert 1	Fudge Tart & Chocolate Sauce ✓			Honey & Apple Cake & Custard ✓			Jam Sponge & Custard ✓			Chocolate Fudge Brownie ✓			Cappuccino Cup Cake ✓		
Dessert 2	Frozen Yogurt			Scone with jam & cream ✓			Shortbread ✓ & Juice						Assorted Mousse		
C	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last
		Y3	Y6		Y4	Y3		Y5	Y4		Y6	Y5		Y3	Y6

FLAMINGO'S LUNCH WEEK	Top Ten Favourite			Roast			Comfort Food			Feel Good Thursday			Basket Meal		
	W/C Monday 21 st Jan			Tuesday			Wednesday			Thursday			Friday		
Main Course 1	Sausages & Gravy (optional) ✓			Chicken Fillet in Gravy & Yorkshire Pudding			Spanish Meatballs in Tomato & Basil Sauce ✓			Wistow Sausage Roll ✓			Chicken Nuggets		
Main Course 2 (V)	Quorn Sausage & Vegetarian Gravy (optional)			Quorn Fillet in Vegetarian Gravy & Yorkshire Pudding			Quorn Balls in Tomato & Basil Sauce ✓			Quorn Sausage Roll ✓			Vegetable Nuggets		
Main Course 3	Battered Fish						Cheese Whirl ✓						Assorted Rolls ✓		
Starchy Food	Mashed Potatoes Hash Brown			Roast Potatoes New Potatoes ✓			Pasta Potato Smiles			Mashed Potatoes Waffles			Oven Jacket Wedges		
Dessert 1	Apple Strudel & Custard ✓			Chocolate Sponge & Chocolate Custard ✓			Lemon Sponge & Vanilla Sauce ✓			Chocolate Fudge Brownie ✓			Fairy Cake ✓		
Dessert 2	Honey & Oat Biscuit ✓			Fruit Salad & Shortbread ✓			Flapjack ✓						Fruit Smoothie		
D	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last
		Y4	Y3		Y5	Y4		Y6	Y5		Y3	Y6		Y4	Y3

A selection of salads (e.g. cheese, ham, turkey, corned beef, tuna pasta, egg), seasonal vegetables & fruit, fresh bread ✓, yogurt, custard and rice pudding pots and jugs of water available daily

Foundation Stage & Key Stage 1: Universal Free School Meals Key Stage 2: £2.40 Adult £4.00

✓ = Freshly Prepared and/or Hand Made at Wistow



	Top Ten Favourite			Roast			Comfort Food			Feel Good Thursday			Basket Meal		
	W/C Monday 28 th Jan			Tuesday			Wednesday			Thursday			Friday		
Main Course 1	Sticky Chicken Drummers✓			Mini Sausage & Bacon & Yorkshire Pudding			Southern Fried Chicken			Beef Cottage Pie ✓			Hot Dog in a Roll		
Main Course 2 (V)	Margarita Pizza✓			Quorn Sausage & Yorkshire Pudding			Macaroni Cheese✓			Quorn Cottage Pie			Quorn Dog in a Roll		
Main Course 3										Jumbo Fish Finger			Assorted Rolls		
Starchy Food	Rice ✓ Hash Brown Nuggets			Roast Potatoes New Potatoes ✓			New Potatoes ✓ Jacket potato			Mashed Potatoes Potato Wedges			Oven Chips		
Dessert 1	Fudge Tart & Chocolate Sauce✓			Jam Roly Poly & Custard ✓			Cornflake Tart & Custard ✓			Fruit Crumble & Custard ✓			Assorted Ice Cream Tub		
Dessert 2	Melting Moment✓			Fruit Salad & Shortbread✓			Iced Bun✓			Carrot Cake✓			Chocolate & Orange Marble Cake ✓		
A	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last
		Y5	Y4		Y6	Y5		Y3	Y6		Y4	Y3		Y5	Y4

CATERPILLAR'S LUNCH WEEK	Top Ten Favourite			Roast			Comfort Food			Feel Good Thursday			Basket Meal		
	W/C Monday 4 th Feb			Tuesday			Wednesday			Thursday			Friday		
Main Course 1	Chicken Nuggets			Chicken Fillet in Gravy & Yorkshire Pudding			Wistow Sausage Roll✓			Margarita Pizza ✓			Beef Burger in a Bun		
Main Course 2 (V)	Vegetable Nuggets			Quorn Fillet in Vegetarian Gravy & Yorkshire Pudding			Cheese Whirl✓						Quorn Southern Style Burger in a Bun		
Main Course 3	Bubble Crumb Salmon Fillet (gluten free)						Quorn Roll			Fishcake					
Starchy Food	Potato Wedges Dauphinoise Potatoes			Mashed Potatoes New Potatoes✓			Mashed Potatoes New Potatoes✓			Potato Smiles New Potatoes✓			Oven Chips		
Dessert 1	Chocolate Fudge Brownie✓			Iced Sponge & Pink Sauce✓			Chocolate Chip Sponge✓ & Custard			Apple & Blackberry Crunch Pie & Vanilla Sauce✓			Flapjack✓		
Dessert 2				Fruit Salad & Shortbread✓			Fromage Frais & Sponge Finger			Chocolate Chip Cookie✓			Ice Cream Cone		
B	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last
		Y6	Y5		Y3	Y6		Y4	Y3		Y5	Y4		Y6	Y5

	Top Ten Favourite			Roast			Comfort Food			♥ Valentine's Lunch ♥					
	W/C Monday 11 th Feb			Tuesday			Wednesday			Thursday 14 th February					
Main Course 1	Fish Star			Beef Nachos✓			Sausage in BBQ Sauce (optional)✓			Chicken Fillet in Gravy & Yorkshire Pudding					
Main Course 2 (V)	Quorn Bolognaise✓			Macaroni Cheese✓			Quorn Sausage in BBQ Sauce (optional)✓			Quorn Fillet in Vegetarian Gravy & Yorkshire Pudding					
Main Course 3	Beef Bolognaise✓			Bubble Crumb Salmon Fillet (gluten free)			Ploughman's (Grated Cheese, Pickled Onion & Bread Roll)								
Starchy Food	New Potatoes✓ Potato Smiles			Oven Herb Diced Potatoes New Potatoes✓			Potato Wedges Mashed Potatoes			Mashed Potatoes New Potatoes✓					
Dessert 1	Fudge Tart & Chocolate Sauce✓			Honey & Apple Cake & Custard✓			Jam Sponge✓ & Custard			Decorated Chocolate Cup Cake✓					
Dessert 2	Frozen Yogurt			Scone with jam & cream ✓			Shortbread & Juice			Shortbread Heart Biscuit✓					
C	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last	Tick Box	In First	In Last
		Y3	Y6		Y4	Y3		Y5	Y4		Y6	Y5		Y3	Y6

A selection of salads (e.g. cheese, ham, turkey, corned beef, tuna pasta, egg), seasonal vegetables & fruit, fresh bread ✓, yogurt, custard and rice pudding pots and jugs of water available daily

Foundation Stage & Key Stage 1: Universal Free School Meals Key Stage 2: £2.40 Adult £4.00

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