

EAT SMART

SILVERDALE SCHOOL
AUTUMN WINTER 23/24
WEEK ONE

GREEN EARTH MONDAY

Homemade Macaroni Cheese with Crispy Fried Onions
Smoky Mexican Five Bean Quesadilla/Wrap
Broccoli, Sweetcorn, Baked Beans, Coleslaw Salad, Mixed Salad

TUESDAY

Homemade Halal Lamb & Vegetable Pastry Pie
Butternut Squash & Cauliflower Curry with Rice (ve)
Mashed Potato, Rice, Mixed Vegetables, Baked Beans, Mixed Salad

WEDNESDAY

Savoury Halal Chicken in Gravy with Yorkshire Pudding
Cheese & Onion Puff Pastry Roll & Oven Baked Wedges
Thyme Roasted Potatoes, Carrots & Cauliflower, Baked Beans, Mixed Salad

THURSDAY

Smoky Halal Chicken & Vegetable Burrito
All Day Breakfast Quorn Sausage Burrito (ve)
Potato Wedges, Green Beans, Baked Beans, Mixed Salad

FRIDAY

Sustainably Sourced Battered Fish & Chips
Cheese & Tomato Pizza & Chips
Peas, Baked Beans, Mixed Salad

AVAILABLE DAILY

Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads

*Vegan Option Available

Halal Options Also Available

EAT SMART

SILVERDALE SCHOOL
AUTUMN WINTER 23/24
WEEK TWO

GREEN EARTH MONDAY

Homemade Macaroni Cheese with Crispy Fried Onions
Homemade Plant-Based Cottage Pie
Peas, Roasted Cumin Carrots, Baked Beans, Mixed Salad

TUESDAY

Halal Chinese Style Chicken Meatballs & Rice
Buffalo Coated Roast Cauliflower Tortilla with Pickled Red Cabbage Slaw
Baked Beans, Mixed Salad Green Beans, Sweetcorn

WEDNESDAY

Roast Halal Chicken with Gravy
Mexican Vegetable Tostada with Spicy Mixed Peppers, Tomatoes & Beans
Thyme Roasted Potatoes, Savoy Cabbage, Carrots, Baked Beans, Mixed Salad

THURSDAY

Caribbean Halal Jerk Chicken with Rice & Peas
Cheese & Onion Puff Pastry Roll & Oven Baked Wedges
Sweetcorn, Garden Peas, Baked Beans, Mixed Salad

FRIDAY

Sustainably Sourced Battered Fish & Chips
Cheese & Tomato Pizza & Chips
Peas, Baked Beans, Mixed Salad

AVAILABLE DAILY

Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads

*Vegan Option Available

Halal Options Also Available

EAT SMART

SILVERDALE SCHOOL
AUTUMN WINTER 23/24
WEEK THREE

GREEN EARTH MONDAY

Indian Spiced Butternut Squash, Aubergine & Chickpea Dhansak Curry & Rice (ve)
Homemade Cheese, Potato & Onion Pie
Cajun Wedges, Mixed Vegetables, Baked Beans, Mixed Salad

TUESDAY

Piri Piri Halal Chicken & Sweetcorn Meatballs & Rice
Italian Style Quorn Bolognaise with Penne Pasta
Carrot & Swede, Green Beans, Baked Beans, Mixed Salad

WEDNESDAY

Halal Lamb Mince & Root Vegetable in Gravy with Yorkshire Pudding
Quorn & Root Vegetable Mince & Gravy with Yorkshire Pudding
Thyme Roasted Potatoes, Carrots, Peas, Baked Beans, Mixed Salad

THURSDAY

Sticky Hoi Sin Halal Chicken with Edamame Beans & Rice
Homemade Indian Spiced Onion Bhaji Burger (ve)
Carrots, Cauliflower, Baked Skin on Wedges, Baked Beans, Mixed Salad

FRIDAY

Sustainably Sourced Battered Fish & Chips
Cheese & Tomato Pizza & Chips
Mushy Peas, Peas, Baked Beans, Mixed Salad

AVAILABLE DAILY

Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads

*Vegan Option Available

Halal Options Also Available