



Menu Autumn Term Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Beef meatballs in tomato and basil sauce with wholemeal pasta mixed veg and garlic bread GL,E	Chicken Goujons with braised rice and green beans GL,E	Roast Gammon dinner with seasonal veg GL	Pulled pork Baps with potato wedges and sweetcorn. GL	Baked cod and chips with peas/beans F,GL
Option 2	Quorn vegetable Meatballs in tomato and basil souse with wholemeal pasta, mixed veg and garlic bread GL,E	Veggie Nuggets with braised rice and green beans GL, E	Stuffed pepper with roast potatoes and seasonal Vegetables GL	Veggie Burger with potato wedges and sweetcorn. GL	Margarita Pizza with chips and beans/peas GL

A jacket potato will be available every day with a variety of toppings (cheese, tuna (F), beans)

Fresh bread, fresh fruit, yoghurt and salad are available every day

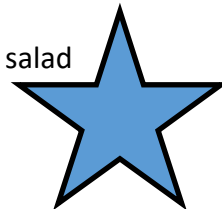
Apple and raspberry
oaty crumble and
Custard
GL E MK

Fresh Fruit salad

Flapjack
GL E

Steamed chocolate
sponge with custard
E GL

Fruit salad and ice
cream
MK



GL =Gluten F=Fish E=Egg MK=Milk M=Mustard S=Soy—We have a NO NUT policy





Menu Autumn Term Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Beef tacos with cheese, salad, salsa and mixed veg GL, E	Pork sausage, Yorkshire pudding and mash potato with savoy cabbage GL E	Chicken dinner with roast potatoes and seasonal veg GL	Sweet and Sour pork with wholegrain rice, prawn crackers and sweetcorn GL	Fish Fingers and chips with peas/beans GL F
Option 2	Cheese Whirl with mixed veg. GL, E	Veggie sausage, Yorkshire pudding and mash potato with savoy cabbage GL E	Cauliflower cheese with roast potatoes and seasonal veg MK, M	Macaroni Cheese with sweetcorn MK M GL	Vegetable spring rolls with chips and beans GL E

A jacket potato will be available every day with a variety of toppings (cheese, tuna (F), beans)

Fresh bread, fresh fruit, yoghurt and salad are available every day

Steamed syrup sponge and Custard GL MK E	Carrot cake GL E	Eton Mess E MK	Lemon Drizzle Cake MK E GL	Peaches and Ice cream MK
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