

# Autumn Term Menu



## WEEK ONE

Choose from either...

- M** Sausage Roll\* **DE**
- V** Vegan Sausage Roll **DE**
- JP** Cheese **GE**

Served with

- Crispy Diced Potatoes **GDE**
- Baked Beans

Dessert

- Vanilla & Chocolate Mousse **GE**

**Tuesday**

Choose from either...

- M** Breaded Chicken Fillet **DE**
- V** Three Bean Casserole **GDE**
- JP** Baked Beans **GDE**

Served with

- Wedges **GDE**
- Mixed Veg

Dessert

- Vegan Pancake **DE**

**Wednesday**

Choose from either...

- M** Roast Turkey and Gravy **GDE**
- V** Cheese & Tomato Quiche
- JP** Tuna & Sweetcorn with Mayo **GD**

Served with

- Roast Potatoes **GDE**
- Carrots

Dessert

- Fresh Fruit **GDE** / Yoghurt **GE**

**Thursday**

Choose from either...

- M** Pork Meatballs & Tomato Sauce\* **DE**
- V** Veggie Balls and Tomato Sauce **DE**
- JP** Baked Beans **GDE**

Served with

- Pasta **DE**
- Sweetcorn

Dessert

- Chocolate Muffin

**Friday**

Choose from either...

- M** Fish Fingers **DE**
- V** Pizza Tart **E**
- JP** Chicken Korma **GE**

Served with

- Saute Potatoes **GDE**
- Garden Peas

Dessert

- Fruit Flapjack **DE**

## WEEK TWO

Choose from either...

- M** Pork Sausages\* **DE**
- V** Vegan Sausages **GDE**
- JP** Cheese **GE**

Served with

- Oven Baked Chips **GDE**
- Mixed Veg

Dessert

- Gingerbread Man **E**

**Tuesday**

Choose from either...

- M** Meatfree Bolognese **GDE**
- V** Cheese Sauce **E**
- JP** Baked Beans **GDE**

Served with

- Pasta **DE**
- Sweetcorn

Dessert

- Raspberry Ripple Mousse **GE**

**Wednesday**

Choose from either...

- M** Chicken Korma **GE**
- V** Lentil Dahl **GDE**
- JP** Cheese **GE**

Served with

- Naan Bread **DE**
- Garden Peas

Dessert

- Blueberry Muffin

**Thursday**

Choose from either...

- M** Roast Ham and Gravy\* **GDE**
- V** Roast Quorn and Gravy **GD**
- JP** Tuna & Sweetcorn with Mayo **GD**

Served with

- Roast Potatoes **GDE**
- Broccoli

Dessert

- Fresh Fruit **GDE** / Yoghurt **GE**

**Friday**

Choose from either...

- M** Bubble Coated Fish **GDE**
- V** Quorn Dippers
- JP** Mild Beef Chilli **GDE**

Served with

- Crispy Diced Potatoes **GDE**
- Baked Beans

Dessert

- Cake Slice **GD**

## WEEK THREE

Choose from either...

- M** Beef Burger **DE**
- V** Veggie Burger **DE**
- JP** Baked Beans **GDE**

Served with

- Potato Bites **GDE**
- Garden Peas

Dessert

- Mini Apple & Raspberry Doughnut **DE**

**Tuesday**

Choose from either...

- M** Chicken & Bacon Sauce\* **DE**
- V** Herby Tomato Sauce **DE**
- JP** Tuna & Sweetcorn with Mayo **GD**

Served with

- Pasta **DE**
- Garden Peas

Dessert

- Vanilla & Strawberry Mousse **GE**

**Wednesday**

Choose from either...

- M** Roast Chicken & Gravy **GDE**
- V** Vegetable & Cheese Bake **E**
- JP** Vegan Chilli **GDE**

Served with

- Roast Potatoes **GDE**
- Carrots

Dessert

- Fresh Fruit **GDE** / Yoghurt **GE**

**Thursday**

Choose from either...

- M** Beef Lasagne **E**
- V** Veggie Lasagne **E**
- JP** Baked Beans **GDE**

Served with

- Garlic Bread **E**
- Sweetcorn

Dessert

- Mini-biscuit pack **E**

**Friday**

Choose from either...

- M** Bubble Coated Salmon **GDE**
- V** Veggie Nuggets **DE**
- JP** Cheese **GE**

Served with

- Saute Potatoes **GDE**
- Baked Beans

Dessert

- Lemon Traycake

Check the Schedule

### SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- M** - Main
- V** - Vegetarian
- JP** - Jacket Potato



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- D** - Dairy Free
  - G** - Gluten Free
  - E** - Egg Free
  - \* - Contains Pork
- All meals are served with vegetables

Please note. We work from a nut free premises but some purchased items may contain traces of nuts



# Allergies and Free-From Meals

On our menu, after each meal are some, or one, or no letters - either D, G or E. These refer to allergies that affect some children.

- D** - Signifies that a meal is Dairy Free
- G** - Signifies that a meal is Gluten Free
- E** - Signifies that a meal is Egg Free

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free and one that is Egg Free. All our meals are Nut Free.

If your child has any of these special dietary requirements, please be sure to tick the box for the meal that suits your child each day.

Our seasonal menu is written using the School Food Plan guidelines and includes a variety of different protein sources, oily fish, two 50% fruit-based desserts a week and a meat-free day...

Check the Schedule overleaf

# IT'S RAINING CHICKEN NUGGETS!

Choose from

**M** Chicken Nuggets **DE**

Or

**V** Vegan Nuggets **DE**

Or

**JP** Tuna & Sweetcorn Mayo **GD**

Dessert

Custard Doughnut **DE**

October 7th