

SEASONAL MENU

WEEK THREE

WC; 17/11, 8/12



Meat/Fish

MONDAY

Butchers sausage with potato wedges, coleslaw and BBQ baked beans. (G, Su, E)

TUESDAY

Chicken and potato pie with mixed vegetables. (G, M, E, C)

WEDNESDAY

Roast Beef and Yorkshire pudding with roast potatoes, Broccoli, carrot and swede mash and gravy. (G, M, E)

THURSDAY

Beef meatballs with Marinara sauce with vegetable cous-cous, whole meal pitta. (G, may contain M and So)

FRIDAY

Fish fingers with chips peas and baked beans. (G, F)



Vegetarian

MONDAY

Quorn sausage roll with potato wedges, coleslaw and BBQ baked beans. (G, E)

TUESDAY

Macaroni cheese with mixed veg. (G, M, Mu)

WEDNESDAY

Quorn roast with roast potatoes, broccoli and carrot and swede mash and gravy. (E, M)

THURSDAY

Vegan meatballs in tomato sauce with vegetable cous-cous, whole meal and pitta. (So, G, may contain M)

FRIDAY

Vegan nuggets with chips and baked beans or peas. (G)



Combo

MONDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. (M, E, F)

Pasta with a choice or grated cheese or homemade tomato and basil sauce. (G, M)

TUESDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. (M, E, F)

Wrap with fillings or grated cheese, ham or tuna mayo. Served with a side salad and chips. (G, F, E, M)

Both served with a side salad

WEDNESDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. With side salad. (M, E, F)

Pasta with a choice or grated cheese or homemade tomato and basil sauce. (G, M)

Both served with a side salad

THURSDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. Served with a side salad. (M, E, F)

Baguettes with either, Grated cheese, ham or tuna mayo. (May contain G and Se)

Both served with a side salad

FRIDAY

Jacket Potatoes. Toppings; Baked beans, cheese and beans, Grated cheese or tuna mayo. (M, E, F)

Wrap with a choice of fillings; Grated cheese, ham or tuna mayo. (G)

Served with a side salad and tortilla crisps. (May contain G, Se, So, Ce, M and Mu)



Salad

MONDAY

Salad bar

TUESDAY

Salad bar

WEDNESDAY

Salad bar

THURSDAY

Salad bar

FRIDAY

Salad bar



Pudding

MONDAY

Toffee popcorn crunch with ice cream. (M, So)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

WEDNESDAY

Fruit jelly.

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

FRIDAY

Strawberry angel delight. (M)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

TUESDAY

Apple sponge with custard. (M, G, E)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)

THURSDAY

Oat and banana cookies. (G, M)

Fresh fruit pot, Jelly, Yoghurt (M), OR cheese and biscuits (G, M)



Menu meets school food plan nutritional standards

(V) Suitable for Vegetarians, (Ve) Suitable for Vegans Allergen key - Cereals containing Gluten (G), Molluscs (Mo), Peanuts (P), Eggs (E), Milk (M), Mustard (Mu), Sesame (Se), Crustaceans (Cr), Fish (F), Nuts (N), Soya (So), Celery (Ce), Lupin (Lu), Sulphur dioxide (Su) Jacket Potatoes and Freshly cooked pasta available daily Jacket potato fillings - Grated cheddar cheese (M), Tuna Mayonnaise (F,E), Baked Beans Pasta toppings - Tomato and vegetable sauce, Grated cheese (M) Fresh bread available daily (G,So) may also contain eggs and milk Fresh salads available daily which will always be allergen free.