























































1<sup>st</sup> Half - Autumn term 2021 menu. Weeks commencing: (week 1) 6/9, 20/9, 4/10, 18/10

Day	Meal Options	Dessert	Allergens
Monday	Minced beef bolognese with pasta spirals and carrots (Crusty bread KS2 only 🍞 )	Low fat fruit yogurt 🥛	🌿 🐟 🌾
	Roasted vegetable tomato sauce with pasta spirals and carrots (Crusty bread KS2 only 🍞 )		🌿 🌾
	Jacket potato with tuna mayonnaise served with a pot of sweetcorn		🐟 🥚
	Jacket potato with baked bean served with a pot of sweetcorn		
	Jacket potato with cheese served with a pot of sweetcorn		🥛
Tuesday	Chicken pizza, with oven baked jacket wedges, cherry tomatoes and cucumber in a pot	Courgette chocolate cake 🍰	🥛 🌾
	Cheese, tomato and spinach pizza, with oven baked jacket wedges, cherry tomatoes and cucumber in a pot		🥛 🌾
	Jacket potato with tuna mayonnaise served with cherry tomatoes and cucumber in a pot		🐟 🥛
	Jacket potato with cheese served with cherry tomatoes and cucumber in a pot		🥛
Wednesday	Roast gammon ham with roast potatoes, cauliflower and broccoli (and gravy 🌿 🌾 🍷 )	Banana, apple or satsuma 🍌	🌿 🌾 🥛 🍷
	Sage, onion, carrot and cheese stuffed pastry parcel with roast potatoes, cauliflower and broccoli (and gravy 🌿 🌾 🍷 )		(may contain 🍞 )
	Jacket potato with tuna mayonnaise served with a pot of grated carrot		🥚 🐟
	Jacket potato with cheese served with a pot of grated carrot		🥛
Thursday	Local pork sausages, smiley faces and baked beans	Plain shortbread 🍪	🌾 🍷 🍷
	Quorn sausages, smiley faces and baked beans		🌾 🥛 🥛
	Jacket potato with tuna mayonnaise served with sultana pots		🥚 🐟
	Jacket potato with baked beans served with sultana pots		
	Jacket potato with cheese served with sultana pots		🥛
Friday	Fish fingers, chips and peas, (with tomato sauce sachet 🌿 )	Peach slices 🍑	🌾 🐟 🍷
	Sweet potato & lentil curry served with rice and peas (and pitta bread 🌾 )		🌿 🌾 Mustard
	Jacket potato with tuna mayonnaise served with cucumber pots		🥚 🐟
	Jacket potato with cheese served with cucumber pots		🥛

**Allergens Key:** 🌿 Celery 🌾 Cereals/Gluten 🌾 Eggs 🥚 Fish 🐟 Milk 🥛 Sesame 🍷 Soya 🍷 Sulphur dioxide 🍷

Other allergens that are not contained in any of our recipes are: - Crustaceans, Lupines, Molluscs, Mustard, Nuts & Peanuts. Please note, soya free chips and soya free roast potatoes, along with dairy free yoghurts (made from soya) are available upon request.

1<sup>st</sup> Half -Autumn term 2021 menu. Weeks commencing: (week 2) 13/9, 27/9, 11/10

Day	Meal Options	Dessert	Allergens
Monday	Breaded chicken in a wrap with pasta salad (peppers & sweetcorn) (and mayo in a sachet  )	Banana cake   	
	Quorn dippers in a wrap with pasta salad (peppers & sweetcorn) (and mayo in a sachet  )		  
	Jacket potato with tuna mayonnaise served with cherry tomatoes		 
	Jacket potato with baked beans served with cherry tomatoes		
	Jacket potato with cheese served with cherry tomatoes		
Tuesday	Minced beef cottage pie with carrots and sweetcorn	Apple, banana or satsuma	 
	Quorn mince pie with carrots and sweetcorn		
	Jacket potato with tuna mayonnaise served with a pot of cucumber		 
	Jacket potato with cheese served with a pot of cucumber		
Wednesday	Roast turkey, roast potatoes, mixed vegetables (peas, carrots and sweetcorn) (and gravy    )	Angel delights mousse pot (strawberry, chocolate or banana)  	
	Cheese, tomato, onion & broccoli quiche, roast potatoes mixed vegetables (peas, carrots and sweetcorn) (and gravy    )		   
	Jacket potato with tuna mayonnaise served with a pot of sultanas		 
	Jacket potato with cheese served with a pot of sultanas		
Thursday	Chicken breast with vegetable cous cous (peppers, tomatoes, sweetcorn) and nan bread with a minty yogurt dip	Low fat yogurt 	 
	Falafel with cous cous (peppers, tomatoes, sweetcorn) and a tomato and cucumber salad with a minty yogurt dip		 
	Jacket potato with tuna mayonnaise served with grated carrot		 
	Jacket potato with cheese served with grated carrot		
Friday	Breaded cod fillet or salmon nibbles, chips and peas (tomato sauce in a sachet  )	Fruit cocktail pot	  
	Quorn burger with chips and peas (tomato sauce in a sachet  )		   
	Jacket potato with tuna mayonnaise served with a pot of sweetcorn		 
	Jacket potato with cheese served with a pot of sweetcorn		

**Allergens Key:** Celery  Cereals/Gluten  Eggs  Fish  Milk  Sesame  Soya   
Sulphur dioxide 

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