



Autumn Term Menu



WEEK ONE

Choose from either...

- Monday**
- M** Pork Meatballs* & Tomato Sauce **DE**
 - V** Veggie Balls & Tomato Sauce **DE** ✓
 - JP** Cheese **GE**

Served with
Pasta **DE** /
Mixed Vegetables

Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Tuesday**
- M** Beef Burger **DE**
 - V** Vegetable Burger **DE** ✓
 - JP** Tuna & Sweetcorn with Mayo **GD**

Served with
Saute Potatoes **GDE** /
Sweetcorn

Dessert
Cake Slice **GD**

Choose from either...

- Wednesday**
- M** Roast Chicken and Gravy **GDE**
 - V** Cheese Omelette **G**
 - JP** Baked Beans **GDE** ✓

Served with
Roast Potatoes **GDE** / Carrots

Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Thursday**
- M** Beef Bolognaise **DE**
 - V** Lentil Bolognaise **DE** ✓
 - JP** Cheese **GE**

Served with
Pasta **DE** / Mixed Vegetables

Dessert
Vanilla &
Strawberry Mousse **GE**

Choose from either...

- Friday**
- M** Fish Fingers **DE**
 - V** Vegan Sausages **GDE** ✓
 - JP** Cream cheese Bagel with cucumber **E**

Served with
Potato Bites **GDE** /
Garden Peas

Dessert
Blueberry Muffin

WEEK TWO

Choose from either...

- Monday**
- M** Hot Dog* **DE**
 - V** Veggie Dogs **DE** ✓
 - JP** Cheese **GE**

Served with
Baked Beans / Sweetcorn

Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Tuesday**
- M** Meatfree Bolognaise **DE** ✓
 - V** Cheesy Pasta **E**
 - JP** Baked Beans **GDE** ✓

Served with
Pasta **DE** / Mixed Vegetables

Dessert
Shortbread **E**

Choose from either...

- Wednesday**
- M** Breaded Chicken Steak **DE**
 - V** Vegetable Fingers **DE** ✓
 - JP** Cheese **GE**

Served with
Oven Baked Chips **GDE** / Peas

Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Thursday**
- M** Mild Chilli Con Carne **GDE**
 - V** Chilli Non Carne **GDE** ✓
 - JP** Sausage & Beans* **DE**

Served with
Rice **GDE** / Sweetcorn

Dessert
Frozen Fruit Smoothie **GDE**

Choose from either...

- Friday**
- M** Roast Chicken and Gravy **GDE**
 - V** Three Bean Casserole **GDE** ✓
 - JP** Tuna Pasta Salad **D**

Served with
Roast Potatoes **GDE** / Carrots

Dessert
Brownie Bites **D**

WEEK THREE

Choose from either...

- Monday**
- M** Chicken Korma **GE**
 - V** Lentil Dahl **GDE** ✓
 - JP** Spaghetti Hoops **DE** ✓

Served with
Rice **GDE** / Mixed Vegetables

Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Tuesday**
- M** Sausage Roll* **DE**
 - V** Vegan Sausage Roll **DE** ✓
 - JP** Cheese **GE**

Served with
Skin-on Potato Wedges **GDE**
Baked Beans

Dessert
Mini Biscuit Pack **E**

Choose from either...

- Wednesday**
- M** Italian Chicken **DE**
 - V** Veggie Lasagne **E**
 - JP** Baked Beans **GDE** ✓

Served with
Pasta **DE** / Garlic Bread **E**
Sweetcorn

Dessert
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

- Thursday**
- M** Roast Beef and Gravy **GDE**
 - V** Chickpea Ratatouille **GDE** ✓
 - JP** Tuna & Sweetcorn with Mayo **GD**

Served with
Roast Potatoes **GDE** / Carrots

Dessert
Vanilla & Chocolate Mousse **GE**

Choose from either...

- Friday**
- M** Rice Crispy Coated Salmon **GDE**
 - V** Veggie Nuggets **DE** ✓
 - M** Wholemeal Cheese & Tomato Pizza **E**

Served with
Potato Bites **GDE** / Garden Peas

Dessert
Pancake

Check the Schedule

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

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 |

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 | | | | | | |



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

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
- ✓** - Signifies that a meal is Vegan

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free, one which is Egg Free and one which is Vegan. 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

CENSUS DAY

THURSDAY 5TH OCTOBER

Choose from

- M** Chicken sausages **GDE**
- V** Vegan sausages **DE**
- JP** Cheese **GE**

Served with

Mash **GDE** and Peas

Dessert

Mini chocolate topped donuts

Sausages!



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