

Autumn Term Menu 1 - Week 1

	Option 1	Option 2	Option 3	Pudding
Monday	Quorn lasagne, seasonal vegetables Contains gluten, milk, egg	Cheese and tomato pizza, lentil sauce mixed salad, coleslaw contains gluten, milk may contain sesame	Jacket potato with cheese or tuna Contains milk, fish, egg	Chopped watermelon and strawberry medley, yogurt Contains milk
Tuesday	chicken burger, mayo savoury rice, salad, cous cous salad Contains gluten, egg May contain celery, soya, mustard	Quorn vegetable burrito, cheese, coleslaw, salad contains soya, gluten, milk may contain celery, sesame, mustard	Jacket potato with cheese or quorn bolognaise Contains milk, egg	Steamed sticky sponge pudding and custard Contains gluten, egg, milk May contain soya
Wednesday	Roast turkey, new potatoes, seasonal veg and turkey gravy Contains, gluten	Cauliflower and broccoli cheese, potatoes, seasonal vegetables. Contains gluten, milk May contain soya	Jacket potato with tuna/red onion or cheese Contains egg, milk	Eton mess with fresh fruit Contains milk, soya
Thursday	Big breakfast; bacon, sausage, hash browns and baked beans Contains gluten, sulphite May contain milk, egg	Homemade roasted tomato soup Cheese toastie Salad sticks Contains gluten, milk	Jacket potato with cheese or beans Contains milk	Mixed fruit pot, natural yogurt Contains milk
Fridays	Salmon bubble crumb fillet, new potatoes, garden peas Contains, gluten, fish,	Vegan meatball marinara wraps, savoury rice, mixed salad, Contains gluten, soys	Jacket potato with cheese or tuna & sweetcorn mayo Contains milk, fish, egg	Apple and crumble and custard Contains gluten, milk May contain soya

Autumn Term Menu - Week 2

	Option 1	Option 2	Option 3	Pudding
Monday	Loaded veggie pizza, mixed salad Contains gluten, milk	Vegan hotdogs, ketchup, salad Contains soya, gluten	Jacket potato with baked beans or tuna Contains fish, egg	Peaches and cream contains milk,
Tuesday	Spaghetti bolognaises, seasonal vegetables garlic pizza slice Contains, milk, gluten May contain soya	Vegetable curry, wholemeal rice, seasonal vegetables Contains, milk, gluten	Jacket potato with cheese or tuna Contains milk, fish, egg	Greek yogurt and winter berry compote Contains milk
Wednesday	Roast pork dinner, roast potatoes, apple sauce seasonal vegetables Contains, soya May contain egg, gluten	cheese and tomato pasta bake, chopped salad Contains egg, gluten milk May contain soya	Jacket potato with tikka or tuna Contains egg, milk, fish	Carrot cake bites Contains, milk, gluten May contain soya
Thursday	Everybody's favourite mac and cheese topped with garlic and herb chicken, Salad Contains gluten, milk May contain soya	Creamy spinach, quorn bits cheese and garlic pitta breads, salad Contains gluten, milk, egg	Jacket potato with coleslaw or tuna Contains egg, fish	Chocolate brownie and custard Contains gluten, milk May contain soya
Fridays	Fish, chips, peas, ketchup Contains fish and gluten	Cheese and tomato flat bread pizza, salad and coleslaw Contains gluten, milk, egg	Jacket potato with cheese or tuna Contains milk, fish, egg	Soft cheese and crackers, sliced apple Contains gluten, milk

Autumn Term Menu - Week 3

	Option 1	Option 2	Option 3	Pudding
Monday	3 cheese and tomato pizza slice, wedges seasonal vegetables <i>Contains soya, gluten, milk</i> <i>May contain sesame,celery nuts</i>	Pesto pasta, seasonal vegetables, mini crusty roll <i>Contains gluten, milk, soya</i> <i>May contain sesame,celery</i>	Jacket potato with tuna, curry <i>Contains fish, egg</i>	Banana bread and Custard <i>Contains milk, gluten</i>
Tuesday	Chinese style chicken curry, egg noodles, seasonal vegetables <i>contains milk, gluten, egg</i>	Quorn tacos, savoury rice, salad <i>Contains gluten, egg</i>	Jacket potato with cheese or tuna <i>Contains milk, fish, egg</i>	Fruit cocktail and yogurt <i>Contains milk</i>
Wednesday	cottage pie topped with sliced potato, seasonal vegetables <i>Contains gluten</i> <i>May contain soya</i>	vegan sausage yorkshire pudding mashed potatoes, seasonal vegetables <i>contains gluten, egg, soya, milk</i>	Jacket potato with cheese or tuna <i>Contains fish, egg</i>	Apple flapjack and glass of milk <i>Contains egg, milk, gluten</i> <i>May contain soya</i>
Thursday	Bbq pulled pork baked wraps, potato salad, mixed salad and coleslaw <i>contains gluten, milk, egg</i> <i>may contain celery, mustard, soya</i>	Cheesy loaded potato skins, corn on the cob, salad <i>contains milk</i>	Jacket potato with cheese or korma <i>Contains milk</i>	Milk chocolate rice pudding, And berries <i>contains milk</i>
Fridays	Jumbo fish fingers, new potatoes, baked beans <i>Contains fish, gluten</i>	Katsu spicy bean burger, rice, seasonal vegetables <i>Contains soya, gluten</i>	Jacket potato with cheese or beans <i>Contains milk</i>	Mandarins and yogurt <i>Contains milk</i>