

YOUR MENUS WEEK 1-3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

11.9.23, 2.10.23 30.10.23 20.11.23 WEEK 1 11.12.23

MAIN MEAL	Italian style beef & pasta bake (gluten, milk)	Chicken korma (milk)	Roasted chicken & gravy	Beef burger in a bun (celery, gluten, soya, sulphites, may contain sesame)	Battered fish (fish, gluten)
PLANT POWER	Hidden vegetable ragu pasta bake (v) (gluten, milk)	Chickpea & cauliflower korma (v) (milk, may contain gluten)	Falafel loaf with gravy (v) (egg, gluten, milk, soya)	Vegetable & bean burger in a bun (vg) (gluten, may contain sesame)	Veggie frittata (v) (egg, milk)
SIDES	Garden peas & our salad selection, handmade bread (milk, gluten, soya, may contain egg)	Broccoli & 50/50 rice, our salad selection, handmade bread (milk, gluten, soya, may contain egg)	Skin on roast potatoes, medley of vegetables, our salad selection, handmade bread (milk, gluten, soya, may contain egg)	Sweetcorn & our salad selection, handmade bread (milk, gluten, soya, may contain egg)	Chips, baked beans & our salad selection, handmade bread (milk, gluten, soya, may contain egg)
PUDDINGS	Fruity flapjack (v) (gluten) or fresh fruit	Berry cookie (v) (gluten) or fresh fruit	Yoghurt & fruit (v) (milk) or fresh fruit	Strawberry and vanilla mousse (v) (milk) or fresh fruit	Fruit jelly (v) or fresh fruit

18.9.23 9.10.23 6.11.23 27.11.23 WEEK 2

MAIN MEAL	Classic pepperoni pizza (gluten, milk, soya, may contain egg)	Rich beef bolognese (gluten)	Roasted gammon & gravy	Taste of Asia - stir fried chicken noodles with sweet chilli (eggs, gluten)	Breaded chicken goujons (gluten) or salmon fishcake (fish, gluten)
PLANT POWER	Cheese & tomato pizza (v) (gluten, milk, soya, may contain egg)	Red pepper & vegetable bolognese (vg) (gluten)	Vegan sausage & gravy (vg) (soya)	Taste of Asia - stir fried veggie noodles with sweet chilli sauce (v) (egg, gluten, soya)	Vegetable fingers, cheese and bean wrap (v) (gluten, milk)
SIDES	Chef's coleslaw (egg) our salad selection, garlic bread (milk, gluten, soya, may contain egg)	Sweetcorn & our salad selection, handmade bread (milk, gluten, soya, may contain egg)	Zero waste roast potatoes & medley of vegetables, our salad selection, handmade bread (milk, gluten, soya, may contain egg)	Green beans, carrots, broccoli, our salad selection, handmade bread (milk, gluten, soya, may contain egg)	Chips, baked beans, our salad selection, handmade bread (milk, gluten, soya, may contain egg)
PUDDINGS	Carrot & ginger biscuit (v) (gluten) or fresh fruit	Wholemeal orchard fruit crumble (v) (gluten) with vanilla sauce (v) (milk) or fresh fruit	Yoghurt & fruit (v) (milk) or fresh fruit	Taste of Asia - plum steamed pudding (v) (egg, gluten) with custard (v) (milk) or fresh fruit	Mousse (v) (milk) or fresh fruit

4.9.23, 25.9.23 16.10.23 13.11.23 WEEK 3 4.12.23

MAIN MEAL	Cheese & tomato pizza with half a jacket potato (v) (milk, gluten, soya, may contain egg)	Traditional beef lasagne (milk, gluten, may contain egg)	Herby roast chicken & gravy	Sausage meat plait (egg, gluten, sulphites) with gravy	Fish fingers (fish, gluten)
PLANT POWER	Bean chilli with 50/50 rice (vg) (may contain gluten)	Mediterranean vegetable lasagne (v) (milk, gluten, soya, may contain egg)	Baked sweet potato with Mexican veg (vg) (may contain gluten)	Veggie slice with gravy (v) (egg, gluten, milk)	Vegan sausage (vg) (soya)
SIDES	Garden peas & our salad selection, handmade bread (milk, gluten, soya, may contain egg)	Broccoli & our salad selection, garlic bread (milk, gluten, soya, may contain egg)	Zero waste roast potatoes, roasted parsnips & carrots, our salad selection, handmade bread (milk, gluten, soya, may contain egg)	Potato wedges, sweetcorn & our salad selection, handmade bread (milk, gluten, soya, may contain egg)	Chips, baked beans, our salad selection, handmade bread (milk, gluten, soya, may contain egg)
PUDDINGS	Peaches & yoghurt (v) (milk) or fresh fruit	School cake (v) (egg, gluten) or fresh fruit	Strawberry and Vanilla mousse (v) (milk) or fresh fruit	Krispie cake (v) (gluten) or fresh fruit	Steamed lemon sponge (v) (egg, gluten) with custard (v) (milk) or fresh fruit

AVAILABLE DAILY	Jacket potatoes with beans, cheese (milk)
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MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE

