

AUTUMN - WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Homemade (nutrient packed) Chicago Style Pepperoni Pizza with Skin on Fries, Coleslaw & Assorted Salad G E M S <small> SUITABLE</small>	British Red Tractor Roast Chicken Breast Dinner, with Yorkshire Puddings, Gravy, Roast Potatoes and Seasonal Vegetables G E M <small> SUITABLE</small>	Ravioli & Mascarpone Pasta Bake with a Panko Topping & Pesto (nut free) & Garlic Finger with Assorted Salad G M <small> SUITABLE</small>	Korean Shredded BBQ Beef & Steamed White Rice with Assorted Salad S	MSC Battered Cod Fillet with Garden Peas, Chips and Tomato Ketchup G F <small> SUITABLE</small>
VEGGIE OPTION	Homemade (nutrient packed) Chicago Style Margherita Pizza with Skin on Fries, Coleslaw & Assorted Salad G E M <small> SUITABLE</small>	Vegan Sausage with Yorkshire Puddings, Gravy, Roast Potatoes and Seasonal Vegetables G E M S <small> SUITABLE</small>	Ravioli & Mascarpone Pasta Bake with a Panko Topping & Pesto (nut free) & Garlic Finger with Assorted Salad G M <small> SUITABLE</small>	Roast Vegetable Balti with Rice & Assorted Salad <small> SUITABLE</small>	Quorn Vegan Fishless Fingers with Garden Peas, Chips and Tomato Ketchup G <small> SUITABLE</small>
JACKET POTATO OR PANINI & SANDWICHES	Jacket Potato served with either: Tuna Mayo E F <small> SUITABLE</small> cheese M <small> SUITABLE</small> or Baked Beans <small> SUITABLE</small> and assorted Salad from the Salad bar.	Assorted Panini's to include: Sweet Chilli Chicken & Cheese G M <small> SUITABLE</small> Tuna Melt G F M <small> SUITABLE</small> Cheesy Beans G M <small> SUITABLE</small> Cheese & Tomato G M <small> SUITABLE</small> Ham & Cheese G M	Jacket Potato served with either: Tuna Mayo E F <small> SUITABLE</small> cheese M <small> SUITABLE</small> or Baked Beans <small> SUITABLE</small> and assorted Salad from the Salad bar.	Assorted Panini's to include: Sweet Chilli Chicken & Cheese G M <small> SUITABLE</small> Tuna Melt G F M <small> SUITABLE</small> Cheesy Beans G M <small> SUITABLE</small> Cheese & Tomato G M <small> SUITABLE</small> Ham & Cheese G M	Jacket Potato served with either: Tuna Mayo E F <small> SUITABLE</small> cheese M <small> SUITABLE</small> or Baked Beans <small> SUITABLE</small> and assorted Salad from the Salad bar.
	Freshly prepared Sandwiches available daily: Ham G M Cheese G <small> SUITABLE</small> Tuna Mayo G F E <small> SUITABLE</small> Cream Cheese G M <small> SUITABLE</small> or Egg Mayo G E <small> SUITABLE</small> (Gluten Free available)	Freshly prepared Sandwiches available daily: Ham G M Cheese G <small> SUITABLE</small> Tuna Mayo G F E <small> SUITABLE</small> Cream Cheese G M <small> SUITABLE</small> or Egg Mayo G E <small> SUITABLE</small> (Gluten Free available)	Freshly prepared Sandwiches available daily: Ham G M Cheese G <small> SUITABLE</small> Tuna Mayo G F E <small> SUITABLE</small> Cream Cheese G M <small> SUITABLE</small> or Egg Mayo G E <small> SUITABLE</small> (Gluten Free available)	Freshly prepared Sandwiches available daily: Ham G M Cheese G <small> SUITABLE</small> Tuna Mayo G F E <small> SUITABLE</small> Cream Cheese G M <small> SUITABLE</small> or Egg Mayo G E <small> SUITABLE</small> (Gluten Free available)	Freshly prepared Sandwiches available daily: Ham G M Cheese G <small> SUITABLE</small> Tuna Mayo G F E <small> SUITABLE</small> Cream Cheese G M <small> SUITABLE</small> or Egg Mayo G E <small> SUITABLE</small> (Gluten Free available)
DESSERT	Raspberry & Chocolate Brownie G E M S <small> SUITABLE</small> Chunky Fruit Pots, Fresh Fruit or Yoghurt M <small> SUITABLE</small>	Decorated Oaty Biscuits G <small> SUITABLE</small> Fresh Fruit or Yoghurt M <small> SUITABLE</small>	Black Forrest Sponge G E M S <small> SUITABLE</small> Chunky Fruit Pots, Fresh Fruit or Yoghurt M <small> SUITABLE</small>	Peach Cobbler with Vanilla Icecream G E M S <small> SUITABLE</small> Fresh Fruit or Yoghurt M <small> SUITABLE</small>	Banoffee Sponge & Custard G E M S <small> SUITABLE</small> Chunky Fruit Pots, Fresh Fruit or Yoghurt M <small> SUITABLE</small>

Fresh Fruit & Yoghurt will be available Daily. There will be a Salad Bar available daily available to all children having a lunch - All of our meat & poultry is Farm Assured. We use local farms wherever possible for both meat and seasonal Vegetables. All of our fish is Certified to ensure it has been fished responsibly

ALLERGENS

Red = Contains

M S Mollusc **G** Gluten **F** Fish **CL** Celery **S** Soya **SES** Sesame **N** Nuts
E Egg **C** Crustaceans **L** Lupin **MUS** Mustard **M** Milk **SUL** Sulphur Dioxide **PN** Peanuts

Blue = May Contain

M S Mollusc **G** Gluten **F** Fish **CL** Celery **S** Soya **SES** Sesame **N** Nuts
E Egg **C** Crustaceans **L** Lupin **MUS** Mustard **M** Milk **SUL** Sulphur Dioxide **PN** Peanuts