AUTUMN - WEEK 1

LITTLE FOODIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Homemade (Nutrient-Packed) Chicago Style Margherita Pizza, Waffle Fries, Coleslaw & Assorted Salad G E M	Creamy Chicken & Pepperoni Pasta, Garlic Bread & Assorted Salad G E SUL M SES	Roast Chicken Breast Dinner with Yorkshire Puddings, Gravy, Mashed Potatoes and Seasonal Vegetables G E M	Cheesy Beef Bolognaise Stuffed Jacket Potato Halves with Assorted Salad M CL	MSC Battered Cod Fillet with Garden Peas, Chips and Tomato Ketchup G F
VEGGIE OPTION	Homemade (Nutrient-Packed) Chicago Style Margherita Pizza, Waffle Fries, Coleslaw & Assorted Salad G E M	Sunblushed Pomodoro Tomato Sauce with Penne Pasta, Garlic Bread & Assorted Salad G M SES CL	Quorn Vegan Fillet with Yorkshire Puddings, Gravy, Mashed Potatoes and Seasonal Vegetables G E M	Mild Vegan Mexican Chilli with White Rice & Assorted Salad S CL	Quorn Vegan Dippers with Garden Peas, Chips and Tomato Ketchup G
JACKET POTATO OR PANINI & SANDWICHES	**Jacket Potato served with either:** Tuna Mayo E F Cheese M Baked Beans With assorted Salad from the Salad Bar.	**Assorted Panini's to include:** BBQ Chicken & Cheese G M Tuna Melt G F M E Cheese & Tomato G M Ham & Cheese G M With assorted Salad & Pasta Salad	**Jacket Potato served with either:** Tuna Mayo E F Cheese M Baked Beans With assorted Salad from the Salad Bar.	**Assorted Panini's to include:** BBQ Chicken & Cheese G M Tuna Melt G F M E Cheese & Tomato G M Ham & Cheese G M With assorted Salad & Pasta Salad	**Jacket Potato served with either:** Tuna Mayo E F Cheese M Baked Beans With assorted Salad from the Salad Bar.
	Freshly prepared Sandwiches available daily: Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E (Gluten Free available)	**Freshly prepared Sandwiches available daily:** Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E (Gluten Free available)	**Freshly prepared Sandwiches available daily:** Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E (Gluten Free available)	**Freshly prepared Sandwiches available daily:** Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E (Gluten Free available)	**Freshly prepared Sandwiches available daily:** Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E (Gluten Free available)
DESSERT	Swirled Chocolate and Vanilla Mousse M Chunky Fruit Pots, Fresh Fruit or Yoghurt M	Polaris Rocky Road Squares G S M Fresh Fruit or Yogurt M	Jam Sponge with Custard G E M S Chunky Fruit Pots, Fresh Fruit or Yoghurt M	Harvest Chocolate Brownie G E M S Fresh Fruit or Yogurt M	Spiced Apple Flapjack & Custard G M Chunky Fruit Pots, Fresh Fruit or Yoghurt M

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

ALLERGENS

Red = Contains

MS 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

MS 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

AUTUMN - WEEK 2

LITTLE FOODIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Homemade (nutrient packed) Chicago Style 'Chicken & Ham' Pizza, Waffle Fries, Coleslaw & Assorted Salad G E M	Cornish Beef Slab served with Seasonal Vegetables, Crushed New Potatoes and Gravy G E S CL MUS L	Chicken & Sundried Tomato Lasagne with Garlic Bread and Assorted Salad G M MUS E S SES CL	Swedish Meatballs with Mash, Creamy Gravy and Seasonal Vegetables M	Fish Fingers with Mini Hash Browns & Baked Beans G F
VEGGIE OPTION	Homemade (Nutrient-Packed) Chicago Style Margherita Pizza, Waffle Fries, Coleslaw & Assorted Salad G E M	Mixed Vegetable Filo Pie with Seasonal Vegetables, Crushed New Potatoes and Gravy G CL S L MUS	Vegan Basilico Bolognaise with Pasta, Garlic Bread and Assorted Salad G S M SES CL	Sweet & Sour Vegetables with White Rice & Assorted Salad	Quorn Dippers with Mini Hash Browns & Baked Beans G
JACKET POTATO OR PANINI & SANDWICHES	**Jacket Potato served with either:** Tuna Mayo E F Cheese M Baked Beans With assorted Salad from the Salad Bar.	**Assorted Panini's to include:** BBQ Chicken & Cheese G M Tuna Melt G F M E Cheese & Tomato G M Ham & Cheese G M With assorted Salad & Pasta Salad	**Jacket Potato served with either:** Tuna Mayo E F Cheese M Baked Beans With assorted Salad from the Salad Bar.	**Assorted Panini's to include:** BBQ Chicken & Cheese G M Tuna Melt G F M E Cheese & Tomato G M Ham & Cheese G M With assorted Salad & Pasta Salad	**Jacket Potato served with either:** Tuna Mayo E F Cheese M Baked Beans With assorted Salad from the Salad Bar.
	Freshly prepared Sandwiches available daily: Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E (Gluten Free available)	**Freshly prepared Sandwiches available daily:** Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E (Gluten Free available)	**Freshly prepared Sandwiches available daily:** Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E (Gluten Free available)	**Freshly prepared Sandwiches available daily:** Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E (Gluten Free available)	**Freshly prepared Sandwiches available daily:** Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E (Gluten Free available)
DESSERT	Strawberry Chocolate Brownie G E M S Chunky Fruit Pots, Fresh Fruit or Yoghurt M	Raspberry & Rhubarb Crumble Cake & Custard G E M S Fresh Fruit or Yogurt M	Golden Oaty Chocolate 'Fruity' Biscuit G S M Chunky Fruit Pots, Fresh Fruit or Yoghurt M	Decorated Cup Cakes G E M S Fresh Fruit or Yogurt M	Cookies & Cream Chocolate Cake G E M S SES Chunky Fruit Pots, Fresh Fruit or Yoghurt M

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

ALLERGENS

Red = Contains

MS 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

MS 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

AUTUMN - WEEK 3

LITTLE FOODIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Homemade (Nutrient-Packed) Chicago Style Pepperoni Pizza, Waffle Fries, Coleslaw & Assorted Salad G E M S MUS	Polaris Hunters Chicken with Seasoned Wedges, Peas & Golden Sweetcorn G M S	Butchers Pork Sausage with Mash, Garden Peas & Gravy M SUL	Authentic Mild Chicken Korma with White Rice, Naan Bread and Assorted Salad G M MUS	Jumbo Fish Finger with Mash, Beans & Ketchup G F M
VEGGIE OPTION	Homemade (Nutrient-Packed) Chicago Style Margherita Pizza, Waffle Fries, Coleslaw & Assorted Salad G E M	Freshly baked Vegan Sausage Roll with Seasoned Wedges, Peas & Golden Sweetcorn G	Vegan Sausage with Mash, Garden Peas & Gravy S M	Roasted Vegetable & Creamy Balti Curry with White Rice, Naan Bread & Assorted Salad G	Quorn Dippers with Mash, Beans & Ketchup G M
JACKET POTATO OR PANINI & SANDWICHES	**Jacket Potato served with either:** Tuna Mayo E F Cheese M Baked Beans With assorted Salad from the Salad Bar.	**Assorted Panini's to include:** BBQ Chicken & Cheese G M Tuna Melt G F M E Cheese & Tomato G M Ham & Cheese G M With assorted Salad & Pasta Salad	**Jacket Potato served with either:** Tuna Mayo E F Cheese M Baked Beans With assorted Salad from the Salad Bar.	**Assorted Panini's to include:** BBQ Chicken & Cheese G M Tuna Melt G F M E Cheese & Tomato G M Ham & Cheese G M With assorted Salad & Pasta Salad	**Jacket Potato served with either:** Tuna Mayo E F Cheese M Baked Beans With assorted Salad from the Salad Bar.
	Freshly prepared Sandwiches available daily: Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E (Gluten Free available)	**Freshly prepared Sandwiches available daily:** Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E (Gluten Free available)	**Freshly prepared Sandwiches available daily:** Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E (Gluten Free available)	**Freshly prepared Sandwiches available daily:** Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E (Gluten Free available)	**Freshly prepared Sandwiches available daily:** Ham G S Cheese M S G Tuna Mayo S F E G Cream Cheese S G M Egg Mayo S G E Salmon Mayo G E F S (Gluten Free available)
DESSERT	Chocolate Sponge & Custard G E M S Chunky Fruit Pots, Fresh Fruit or Yoghurt M	Layered (Vegan)Fruit Jelly Fresh Fruit or Yogurt M	Sticky Toffee Blondie G E M S Chunky Fruit Pots, Fresh Fruit or Yoghurt M	Raspberry & White Chocolate Waffle Pudding G E M S Fresh Fruit or Yogurt M	Fresh Fruit Salad & Ice Cream M Chunky Fruit Pots, Fresh Fruit or Yoghurt M

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

ALLERGENS

Red = Contains

MS 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

MS 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