

# AUTUMN - WEEK 2

**LITTLE  
FOODIES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Homemade (nutrient packed) Chicago Style Farmhouse (Ham & Mushroom) Pizza with Skin on Fries, Coleslaw & Assorted Salad <b>G E M</b>	Homemade Baked Mexican Chicken Fajita with Nachos & Assorted Salad <b>G M S</b> <small>SUITABLE</small>	Penne Pasta Pomodoro (Classic Italian Sundried Tomato Sauce) with Garlic Bread & Assorted Salad <b>G CL M SES</b> <small>SUITABLE</small>	Yorkshire Beef Cottage Pie with Root Veg Mash, Gravy & Seasonal Vegetable <b>M CL</b>	Harry Ramsdens' Cod Stars with Seasoned Wedges, Peas, Sweetcorn & Ketchup <b>G F</b> <small>SUITABLE</small>
VEGGIE OPTION	Homemade (nutrient packed) Chicago Style Margherita Pizza with Skin on Fries, Coleslaw & Assorted Salad <b>G E M</b> <small>SUITABLE</small>	Homemade Baked Mexican Quorn Fajita in Tomato Tortilla Wrap with Nachos & Assorted Salad <b>G E M S</b> <small>SUITABLE</small>	Penne Pasta Pomodoro (Classic Italian Sundried Tomato Sauce) with Garlic Bread & Assorted Salad <b>G CL M SES</b> <small>SUITABLE</small>	Flaky Cheese & Onion Pastry Slice with Herby Diced Potatoes, Gravy & Seasonal Vegetables <b>G S M CL SES</b> <small>SUITABLE</small>	Quorn Fishless Fingers with Seasoned Wedges, Peas, Sweetcorn & Ketchup <b>G</b> <small>SUITABLE</small>
JACKET POTATO OR PANINI & SANDWICHES	Jacket Potato served with either: Tuna Mayo <b>E F</b> cheese <b>M</b> or Baked Beans and assorted Salad from the Salad bar.	Assorted Panini's to include: Sweet Chilli Chicken & Cheese <b>G M</b> Tuna Melt <b>G F M</b> Cheesy Beans <b>G M</b> Cheese & Tomato <b>G M</b> Ham & Cheese <b>G M</b>	Jacket Potato served with either: Tuna Mayo <b>E F</b> cheese <b>M</b> or Baked Beans and assorted Salad from the Salad bar.	Assorted Panini's to include: Sweet Chilli Chicken & Cheese <b>G M</b> Tuna Melt <b>G F M</b> Cheesy Beans <b>G M</b> Cheese & Tomato <b>G M</b> Ham & Cheese <b>G M</b>	Jacket Potato served with either: Tuna Mayo <b>E F</b> cheese <b>M</b> or Baked Beans and assorted Salad from the Salad bar.
	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G M</b> Cheese <b>G</b> Tuna Mayo <b>G F E</b> Cream Cheese <b>G M</b> or Egg Mayo <b>G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G M</b> Cheese <b>G</b> Tuna Mayo <b>G F E</b> Cream Cheese <b>G M</b> or Egg Mayo <b>G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G M</b> Cheese <b>G</b> Tuna Mayo <b>G F E</b> Cream Cheese <b>G M</b> or Egg Mayo <b>G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G M</b> Cheese <b>G</b> Tuna Mayo <b>G F E</b> Cream Cheese <b>G M</b> or Egg Mayo <b>G E</b> (Gluten Free available)	<b>Freshly prepared Sandwiches available daily:</b> Ham <b>G M</b> Cheese <b>G</b> Tuna Mayo <b>G F E</b> Cream Cheese <b>G M</b> or Egg Mayo <b>G E</b> (Gluten Free available)
DESSERT	Individual Strawberry IceCream Tubs <b>M</b> Chunky Fruit Pots, Fresh Fruit or Yoghurt <b>M</b>	Apple Sponge with Custard <b>G E M S</b> Fresh Fruit or Yoghurt <b>M</b>	Chocolate Zucchini Brownie <b>G E M S</b> Chunky Fruit Pots, Fresh Fruit or Yoghurt <b>M</b>	Sticky Toffee Pudding with Cocoa Custard <b>G E M S</b> Fresh Fruit or Yoghurt <b>M</b>	Strawberry Flapjack <b>G</b> Chunky Fruit Pots, Fresh Fruit or Yoghurt <b>M</b>

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