

Menu
Autumn Term
Week One

	Monday - Simple	Tuesday - World	Wednesday - Roast	Thursday – Traditional	Friday - Fish
Homemade Soup with Brown Bread	Minestrone Soup	Tomato & Red Pepper	Lentil & Butternut Squash	3 Greens & Potato	Tomato Basil & Garlic
Main Meal	Green Veg Pesto Sauce Five Vegetable Tomato Sauce	Moroccan Lamb Stew	Glazed Gammon	BBQ Chicken	Fish Pie
Vegetarian Meal	Green Veg Pesto Sauce Five Vegetable Tomato Sauce	Moroccan Vegetable Stew	Glazed Cauliflower	BBQ Quorn and Sweet Potato	Leek & Potato Pie
Starchy Foods	Wholemeal Pasta Three Bean Salad	Chickpeas Vegetable Cous Cous	Potato Puffs	Roasted Diced Potatoes Cauliflower Cous Cous	Filled Jacket Potatoes
Vegetables	Sweetcorn & Mangetout	Cabbage & Peas	Broccoli & Cauliflower	Corn on the cob	Peas
Salads	Tuna, Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers, Olives	Boiled Eggs, Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers, Olives, Pasta Salad	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers, Olives, Potato Salad	Sliced Ham, Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers, Olives,	,Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers, Olives, Sweetcorn, Beetroot Salad
Main Dessert	Fresh Fruit Salad	Beetroot Brownie 50% Fruit	Banana Pancakes 50% Fruit	Raspberry Shortbread 50% Fruit	Eton Mess 50% Fruit
Cold Dessert	Fresh Fruit Various Low Fat Yoghurts	Fresh Fruit Various Low Fat Yoghurts	Fresh Fruit Various Low Fat Yoghurts	Fresh Fruit Various Low Fat Yoghurts	Fresh Fruit Various Low Fat Yoghurts

Food Allergies and Intolerances: Please speak to our staff about the ingredients in your meal when taking your lunch
Fresh cool drinking water always available