

WHAT'S FOR LUNCH?

Weeks commencing: 7.9, 28.9, 19.10, 2.11, 23.11, 14.12

AUTUMN WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato and basil pasta GLUTEN	Baked mediterranean chicken	Pizza MILK & GLUTEN	Spaghetti bolognese GLUTEN	Fish of the day FISH, GLUTEN
MAIN (OPTION 2)	Creamy spinach pasta GLUTEN, MILK	Baked chickpea and veg	Gluten free tomato pasta	mushroom and quorn pasta GLUTEN	Vegan battered sausage GLUTEN, SOY
SIDES	bread GLUTEN Gluten free pasta available	Bulgur wheat GLUTEN bread GLUTEN	Honey roasted carrots	bread GLUTEN	Skin-on Chips, Baked Beans
VEGETABLES	Roasted vegetables	Mediterranean salad	Salad	Garden salad	Peas

EXTRAS

Fresh Fruit and Greek Yoghurt with Honey or Fruit Compote Available Daily

Tuesday = Vegan jelly

Thursday = Blueberry cake

GLUTEN, EGGS

Bread, vegan/ gluten free options available daily



WHAT'S FOR LUNCH?

Weeks commencing: 14.9, 5.10, 9.11, 30.11

AUTUMN WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Hidden veg pasta GLUTEN	Chicken Diane MILK, MUSTARD	John Ball Special	Spiced fish curry FISH	Chicken tenders GLUTEN
MAIN (OPTION 2)	Green pesto pasta GLUTEN MILK	Roasted stuffed peppers GLUTEN, SOY	Every week 2 wednesday	Coconut, sweet potato and lentil curry	Vegan sausage roll GLUTEN, SOY
SIDES Where main includes, portion will be offered as optional extra	bread GLUTEN Gluten free pasta available	Mashed potato MILK bread GLUTEN		Rice Bread GLUTEN	Skin-on Chips
VEGETABLES	Mixed salad	Steamed veg		Cucumber and spring onion salad	Sweetcorn & Peas
EXTRAS	Fresh Fruit and Greek Yoghurt with Honey or Fruit Compote Available Daily Tuesday = Chocolate brownie GLUTEN, EGG, MILK, SOY Thursday = Coconut and chocolate pudding MILK, SOY Bread, vegan/ gluten free options available daily				



WHAT'S FOR LUNCH?

Weeks commencing: 21.9, 12.10, 16.11, 7.12

AUTUMN WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Creamy tomato pasta GLUTEN, MILK	Jerk Chicken	Jacket potato	Beef stew	Battered Fish of The Day FISH, GLUTEN
MAIN (OPTION 2)	Peas and mint pasta GLUTEN	Jerk cauliflower	Tri-colour pasta GLUTEN	Vegetable hot pot	Veggie finger GLUTEN
SIDES	Gluten free pasta bread GLUTEN	Jollof rice bread GLUTEN	Cheese, beans, Tuna sweetcorn MILK, FISH bread GLUTEN	Rice bread GLUTEN	Skin-on Chips, Tartare Sauce EGG
VEGETABLES	Vegetable medley	Salad	Garden salad	Steamed vegetables	Peas, Baked Beans

Fresh Fruit and Greek Yoghurt with Honey or Fruit Compote Available Daily

Tuesday = Vanilla sponge and custard

MILK GLUTEN EGG

Thursday = Sprinkles cake

GLUTEN EGG

Bread, vegan/ gluten free options available daily

EXTRAS



