

Menu: Autumn Term 1-1 2021

	Day	Main	Meat Free	Vegetable	Pudding
Menu 1 w/c 31.08 20.09 11.10	Monday	Chicken fajita wraps with rice and vegetables 1,2,9	Jacket potato with cheese and beans 7	Two hot vegetables and a selection of fresh salad bar items are offered daily.	Fresh puddings provided daily with the option of fruit and yogurt as an alternative
	Tuesday	Sausage, mash, vegetables and gravy 1,9	Gnocchi in tomato sauce with vegetables 2,4,7		
	Wednesday	Cheese and tomato pizza with wedges and vegetables 1,2,7,9	Arrabbiata pasta with vegetables 2		
	Thursday	Roast chicken, Roast potatoes, Yorkshire pudding, vegetables and gravy 2,4,7	Veggie sausages, roast potato, Yorkshire pudding, vegetables and gravy 2,4,7		
	Friday	Fish and chips with peas or beans 2,5,4	Cheese, tomato and spinach quesadilla with vegetables 2,7		
Menu 2 w/c 06.09 27.09	Monday	Jacket potato with tuna mayo and vegetables 4,9	Macaroni cheese with vegetables and garlic bread 2,7,9	Two hot vegetables and a selection of fresh salad bar items are offered daily.	Fresh puddings provided daily with the option of fruit and yogurt as an alternative
	Tuesday	Tacos with rice and Vegetables 1,2,9	Veggie nuggets with rice and vegetables 2,4,7		
	Wednesday	Cheese and tomato pizza with sliced potatoes and vegetables 1,2,7,9	Roasted vegetable pasta bake with garlic bread 1,2,9		
	Thursday	Toad in the hole with roast potatoes, vegetables and gravy 2,4,7	Veggie chilli with rice and vegetables 1,9		
	Friday	Fish fingers, chips and peas 2,5	Vegetable lasagna with vegetables 1,2,9		
Menu 3 w/c 13.09 04.10	Monday	Sausage roll with mash potatoes and Vegetables 1,2,4,9,13	Vegetable wellington with mash potato and vegetables 1,2,4,9,13	Two hot vegetables and a selection of fresh salad bar items are offered daily.	Fresh puddings provided daily with the option of fruit and yogurt as an alternative
	Tuesday	Chicken curry with rice and vegetables 1,9	Veggie sausage puff with sliced potatoes and vegetables 1,2,4,9,13		
	Wednesday	Cheese and tomato pizza with wedges and vegetables 1,2,7,9	Tomato pasta with vegetables and garlic bread 2		
	Thursday	Burrito boats with Vegetables 1,2,9	Jacket potato with cheese and vegetables 7		
	Friday	Fish and chips with peas or beans 2,5,4	Sweet potato and lentil curry with rice and vegetables		

Allergens: 1 – celery, 2 – gluten, 3 – crustaceans, 4 – eggs, 5 – fish, 6 – lupin, 7 – milk, 8 – molluscs, 9 – mustard, 10 – nuts, 11 – peanuts, 12 – sesame seeds, 13 – soya, 14 – sulphites