



Autumn 2022 menu



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Please select 1 choice	Turkey & Vegetable Fajita (contains gluten) Vegan Sausage Roll (contains gluten, soyabean)	Cottage Pie Veggie mince pie and mash (contains gluten, egg)	Roast Chicken Quorn Fillet (contains gluten)	Arrabiata Meatballs (contains gluten) Spanish Omelets (contains egg)	Fishcake (contains gluten, fish, milk, mustard) Veggie Fingers (contains gluten)
Option 2 Please select 1 choice	Seasoned Wedges Jacket Potato	Homemade bread (contains gluten) Jacket Potato	Roast Potatoes	New potatoes Jacket Potato	Seasoned Wedges Jacket Potato
Option 3 Multiple choice	Beans Salad bar-Tomato, cucumber, carrot, lettuce Add Cheese	Peas Beans Salad bar-Tomato, cucumber, carrot, lettuce Add Cheese	Carrots Broccoli	Sweetcorn Beans Salad bar-Tomato, cucumber, carrot, lettuce Add Cheese	Peas Beans Salad bar-Tomato, cucumber, carrot, lettuce Add Cheese
Option 4 Please select 1 choice	Artic Roll (contains dairy) Fruit Bowl- (clementine & apple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)	Pineapple & Peach Crumble & Custard (contains dairy) Fruit Bowl- (clementine & apple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)	Blueberry Muffin (contains dairy, gluten, egg, soyabean) Fruit Bowl- (clementine & apple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)	Peach Melba Sponge & Custard (contains dairy, gluten, egg) Fruit Bowl- (clementine & apple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)	Shortbread (contains gluten) Fruit Bowl- (clementine & apple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Please select 1 choice	Ham and Cheese French Stick Pizza (contains gluten, dairy) Cheese & Tomato Puff (contains gluten, dairy)	Chicken Madras Veggie Chilli	Roast Chicken, Roast Potatoes Veggie Mince Pie (contains gluten, egg)	Beef Burger Patty (contains celery, gluten, soyabean, dairy) Veggie Burger Patty (contains gluten)	Battered Cod (contains fish & gluten) Cheese & Tomato Pinwheel (contains dairy, gluten)
Option 2 Please select 1 choice	Diced Potatoes Jacket Potato	Rice Jacket Potato	Roast Potatoes	Burger bun (contains gluten, sesame seeds) Jacket Potato	Chips Jacket Potato
Option 3 Multiple choice	Sweetcorn Beans Salad bar-Tomato, cucumber, carrot, lettuce Add Cheese	Super Greens Beans Salad bar-Tomato, cucumber, carrot, lettuce Add Cheese	Carrots Peas	Sweetcorn Beans Salad bar-Tomato, cucumber, carrot, lettuce Add Cheese	Peas Beans Salad bar-Tomato, cucumber, carrot, lettuce Add Cheese
Option 4 Please select 1 choice	Frozen Yoghurt (contains dairy) Fruit Bowl- (apple & pineapple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)	Chocolate Sponge & Chocolate Sauce (contains dairy, egg, dairy) Fruit Bowl- (apple & pineapple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)	Vanilla Shortbread (contains gluten) Fruit Bowl- (apple & pineapple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)	Jelly & Pineapple Chunks Fruit Bowl- (apple & pineapple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)	Ice-Cream & Fruit Cocktail (contains dairy) Fruit Bowl- (apple & pineapple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Please select 1 choice	Beef Bolognese Pasta(contains gluten) Mac & Cheese (contains gluten, dairy)	Chicken Curry Veggie Bolognese	Roast Chicken Cauliflower Cheese (contains dairy)	Sausage Pasta Bake (contains dairy, gluten) Veggie Burger patty (contains gluten)	Fishfingers(contains gluten, fish) Cheese & Tomato French Bread Pizza (contains gluten, dairy)
Option 2 Please select 1 choice	Garlic Bread (contains gluten) Jacket Potato	Rice Jacket Potato	Roast Potatoes	Home Made Bread (contains gluten) Jacket Potato	Chips Jacket Potato
Option 3 Multiple choice	Sweetcorn Beans Salad bar-Tomato, cucumber, carrot, lettuce Add Cheese	Super Greens Beans Salad bar-Tomato, cucumber, carrot, lettuce Add Cheese	Carrots Peas	Mixed veg Beans Salad bar-Tomato, cucumber, carrot, lettuce Add Cheese	Peas Beans Salad bar-Tomato, cucumber, carrot, lettuce Add Cheese
Option 4 Please select 1 choice	Apple & Blackberry Crumble & Custard (contains gluten, dairy) Fruit Bowl- (melon & apple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)	Jelly & Mandarins Fruit Bowl- (melon & apple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)	Angel Delight (contains dairy) Fruit Bowl- (melon & apple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)	Melon pieces Fruit Bowl- (melon & apple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)	Chocolate cake (contains gluten, eggs) Fruit Bowl- (melon & apple) Yogurt (contains dairy) Fruit Bowl with Yogurt (contains dairy)