

Autumn 2 2018 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> w/c 29th Oct 19th Nov 10th Dec	(V) Vegetable Carbonara (1/8)  (V) "Linda McCartney mince" Moussaka (1/8/9)  <i>Steamed broccoli</i>  <i>Apple strudel &amp; custard</i> (1/5/8)	Halal chicken Fajitas with avocado salsa (1)  (V) Quorn & vegetable fajitas with avocado salsa (1/5/8)  <i>Rainbow slaw</i> (10)  <i>Yoghurt &amp; fresh fruit</i> (8)	Baked Pollock in Thai coconut curry sauce (6)  (V) Mild spiced vegetable Tagine (2/10)  <i>Green beans, snow peas and brown rice</i>  <i>Pineapple upside down</i> (1/5/8)	Traditional Roast beef dinner (1)  (V) Veggie Cornish pasty(1/8)  <i>Peas, carrots &amp; roast potatoes</i>  <i>Yoghurt &amp; fresh fruit</i> (8)	Cajun spiced fish Ciabatta sandwich with avocado salsa (1/6)  (V) Mac 'n' cheese (1/8)  <i>Green vegetable medley</i>  <i>Cut Melon</i>
	(V) Spaghetti in hidden vegetable Tomato sauce(1/2)  (V) Veggie chilli "sin" carne with jewelled rice (2/9)  <i>Green beans &amp; cauliflower</i>  <i>Sticky toffee date pudding</i>	Halal cottage pie topped with crispy potato & root vegetable mash (2/8)  (V) Mild sweet potato Shawarma wrap (1/8)  <i>Steamed Savoy cabbage</i>  <i>Yoghurt &amp; fresh fruit</i> (8)	Codfish & baby spinach fritter with mashed potatoes (2/5/6/10)  (V) Vegetable pad Thai noodles (1/5/9)  <i>Steamed broccoli and peas</i>  <i>Oat apple crumble</i> (1/8)	Breaded chicken burger with hidden vegetable tomato ketchup (1/2)  (V) Vegetable biriyani with garlic naan (2/10)  <i>Mixed salad</i>  <i>Yoghurt &amp; fresh fruit</i> (8)	Traditional "Fish and Chips" (1/6)  (V) Cherry tomato & feta quiche (1/5/8)  <i>Garden peas &amp; sweetcorn and potato wedges</i>  <i>Ice cream</i> (8)
	(V) Sweet & sour vegetables with egg fried rice (2/5/9)  (V) Mexican veggie lasagne (1/8)  <i>Steamed Savoy cabbage</i>  Bread & butter pudding with custard (1/5/8)	Halal spaghetti Bolognese (1/5)  (V) Veggie bangers and mashed potatoes  <i>Creamed spinach and peas</i> (8)  <i>Yoghurt &amp; fresh fruit</i> (8)	Pizza Topped with tomato, tuna & mature cheddar (1/2/6/8)  Pizza Margarita (1/2/8)  <i>Greek style salad</i>  <i>Rice pudding with jam</i> (8)	Pork bangers & mashed Potatoes (1)  (V) Vegetarian paella  <i>Green beans and carrots</i>  <i>Yoghurt &amp; fresh fruit</i> (8)	Roast salmon & mature cheddar pasta bake (1/6/8)  Vegetable "Korma" with Pilau rice (8/10)  <i>Peas &amp; mange tout</i>  <i>Chocolate &amp; beetroot brownie</i> (1/5/8)

Allergens Key	
Gluten	1
Celery	2
Peanuts	3
Tree nuts	4
Eggs	5
Fish	6
Crustacea	7
Dairy	8
Soy	9
Mustard	10
Sesame	11
Lupin	12
Sulphur	13
Molluscs	14

All meat served on a Tuesday will be Halal certified.

All fish and fish products will be sustainably sourced.

Local and British grown produce will be given priority whenever seasonally available

We avoid knowingly purchasing nuts and nut products

Fresh fruit and seasonal salads served daily

