

Autumn 2021 Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Allergens key
Week 1 w/c 6 th Sept 27 th Sept 18 th Oct	(V) Veggie "hot dog" with home-made ketchup (1/5) (V) Stir-fried noodles with Quorn & capsicum(1/5/9) Crunchy bean salad Lemon sponge cake (1/5/8)	Halal mild spiced turkey escalope served with coconut rice & salsa (V) Chickpea & aubergine Korma served with Basmati rice (10) Steamed broccoli Seasonal fruit	Linguine with salmon, cherry tomato & basil (1/6) (V) Homemade falafel served in pita bread with Moroccan spiced humus and crunchy salad (1/5) Carrot & cucumbers Double chocolate cookies (1/5/8)	Wholemeal pizza topped with paprika chicken bites (1/2/8) (V) Wholemeal Margarita pizza (1/2/8) Chef's salad Seasonal fruit	Classic "Fish and Chips" (1/6) (V) Roast vegetable lasagne with crispy topping (1/8) Green vegetable medley Low fat fruit yoghurt (8)	Gluten 1 Celery 2 Peanuts 3 Treenuts 4 Egg 5 Fish 6 Crustacean 7 Dairy 8 Soy 9 Mustard 10 Sesame 11 Lupin 12 Sulphur 13 Molluscs 14
Week 2 w/c 13 th Sept 4 th Oct	(V) Vegetable "bangers & mashed potatoes" (1/8/9) (V) Tagliatelle Neapolitan (1/2/8) Broccoli & cauliflower Chocolate & beetroot brownies (1/5/8)	Halal traditional roast beef dinner (1) (V) Somali style vegetable samosa with jewelled rice & tomato sauce (1/2) Carrots & peas Seasonal fruit	Ocean fish cake served with new potatoes (2/5/6/10) (V) Green Thai vegetable curry served with fluffy rice (9) Green beans Pineapple upside down cake (1/5/8)	Wholemeal pizza topped with pepperoni (1/2/8) (V) Wholemeal Margarita pizza (1/2/8) Steamed broccoli Seasonal fruit	Fish goujon & crispy salad wrap served with chef's dressing (1/5/6/8) (V) Mac 'n' cheese (1/8) Garden peas Low fat fruit yoghurt (8)	We avoid knowingly purchasing nuts and nut products. All meat served on a Tuesday will be Halal certified. All fish and fish products will be sustainably sourced.
Week 3 w/c 20 th Sept 11 th Oct	(V) Spaghetti with vegetable "carbonara" sauce (1/8) (V) Cherry tomato & feta quiche (1/5/8) Green vegetable medley Marble cake (1/5/8)	Halal cottage pie with hidden vegetables topped with crispy potato mash (2/8) (V) Lentil & haloumi burger in a ciabatta bun served with sweet potato fries (1/5/8) Steamed Vichy carrots Seasonal fruit	Fish fingers served with new potatoes & lemon mayonnaise (1,5,6) (V) Jacket potato stuffed with vegetable chilli "sin" carne & crumbled cheese topping (8/9) Crunchy green bean salad Doughnut holes (1/5/8)	Wholemeal pizza topped with ham & mushrooms (1/2/8) (V) Wholemeal Margarita pizza (1/2/8) Chef's salad Seasonal fruit	Breaded cod fillet served with chips & tartar sauce (1,5,6,8) (V)Veggie Katsu curry served with rice (10) Steamed broccoli Low fat fruit yoghurt (8)	Local and British grown produce will be given priority whenever seasonally available. Fresh fruit and seasonal salads are served daily.

