

Autumn 2022 Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Allergens key
Week 1 w/c	(V) Penne pasta with sun blushed tomato sauce & garlic bread (1/8)	Halal Mexican spiced turkey escallop served with coconut rice & salsa	Fish fingers served with oven roasted potato wedges & home made ketchup (1/5/6)	Jerk style chicken thighs with mild spiced gravy(10)	Classic "Fish and Chips" (1/6)	Gluten 1 Celery 2 Peanuts 3 Treenuts 4 Egg 5 Fish 6 Crustacea 7 Dairy 8 Soy 9 Mustard 10 Sesame 11 Lupin 12 Sulphur 13 Molluscs 14
5th Sept	(V)"Vegan mince" & vegetable Moussaka (1/8/9)	(V) Toasted cheese, basil & tomato ciabatta sandwich (1/8)	(V) Mild spiced stuffed peppers served with tabouleh, tomato sauce & pita bread (1/2/8)	(V) Veggie mince Jamaican pasties (1/8/9/10)	(V) Chickpea Korma served with Pilaf rice & garlic naan (1/10)	
26th Sept.	Steamed broccoli	Whole green beans	Carrots & peas	Rice & peas, Coleslaw (5/8)	Garden peas	
17th Oct	Chocolate & beetroot brownie (1/5/8)	Fresh fruit	Doughnut holes (1/5/8)	Fresh fruit	Home made forest fruit yoghurt (8)	
Week 2 w/c	(V) Butternut squash & spinach lasagne topped with cheddar cheese (1/8)	Halal Spaghetti with hidden vegetable bolognese sauce(1/2)	Fish doorstep sandwich served with lime mayonnaise dressing (1/5/6/10)	Chicken and leek pie with pastry topping (1/8)	Breaded cod fingers served with new potatoes & homemade ketchup (1,6,8)	We avoid knowingly purchasing nuts and nut products.
12th Sept.	(V) Stuffed Jacket potatoes served with carrot chips (8)	(V) Homemade falafel with hummus & pitta bread (1/5)	(V)Veggie "Katsu" served with sticky rice (10)	(V) Veggie sausage & crushed new potatoes served with a light gravy (1/8/9)	(V) Mac 'n' cheese (1/8)	All meat served on a Tuesday will be Halal certified.
3rd Oct	Steamed greens	Chef's salad	Carrots & peas	Garden peas & mange tout	Peas & broccoli	All fish and fish products will be sustainably sourced.
	Marble cake (1/5/8)	Fresh fruit	Pancakes with chocolate sauce (1/5/8)	Fresh fruit	Home made black cherry yoghurt (8)	Local and British grown produce will be given priority whenever seasonally available.
Week 3 w/c	(V) Vegetable "Korma" with Pilau rice & garlic naan (1/2/10)	Halal Moroccan spiced meat balls served with jewelled couscous (1/2/10)	Linguini with salmon, cherry tomato & basil(1/6)	Roast chicken served with roast potatoes & gravy (1)	Breaded cod fillet served with chips & tartar sauce (1,5,6,8)	
19th Sept	(V) Lentil & vegetable cottage pie topped with creamy mashed potatoes (1/8)	(V) Veggie chilli 'sin' carne served with mild spiced rice & nachos (2)	(V)Peri peri Quorn burger served in ciabatta roll (1/5)	(V) Mild spiced veggie Pad Thai noodles (1,2,5,9)	(V) Veggie Cornish pasty with skin on chips & home made ketchup(1/8)	
10th Oct	Steamed broccoli	Peas & sweetcorn	Green vegetable medley	Carrots & peas	Whole green beans	Fresh fruit and seasonal salads are served daily.
	Lemon drizzle sponge (1/5/8)	Fresh fruit	Double chocolate cookies (1/5/8)	Fresh fruit	Home made peach yoghurt (8)	

