

Autumn/ Winter 2021 Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Allergens key
Week 1 w/c	(V) Veggie "Hot Dog" served with parsnip chips (1/5)	Halal Jerk style chicken with a mild spiced gravy (10)	Linguini with tuna, sweetcorn & tomato sauce 1/6)	Wholemeal pizza topped with paprika chicken bites (1/2/8)	Classic "Fish and Chips" (1/6)	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
1st Nov	(V) Roast vegetable lasagne with crispy topping (1/8)	(V) Veggie Jamaican pasties (1/8/9/10)	(V) Sweetcorn & courgette fritter served with a poached egg (1/2/5/8)	(V) Wholemeal Margarita Pizza (1/2/8)	(V) Vegetable Korma with Pilau rice & garlic bread (1/2/10)	
22nd Nov	Green vegetable medley	Rice & Peas, coleslaw	Carrot & cucumbers	Chef's salad	Green vegetable medley	
13th Dec	Carrot cake tray bake (1/5/8)	Seasonal fruit	Double chocolate cookies (1/5/8)	Seasonal fruit	Low fat fruit yoghurt (8)	
Week 2 w/c	(V) Vegetable "bangers & mashed potatoes" (1/8/9)	Halal traditional Roast chicken dinner (1)	Thai-style steamed fish served with fluffy rice & garden peas	Wholemeal pizza topped with pepperoni (1/2/8)	Fish goujons & crispy salad served with chef's dressing (1/5/6/8)	We avoid knowingly purchasing nuts and nut products.
8th Nov	(V) Tagliatelle Neapolitan (1/2/8)	(V) Cheesy potato & vegetable dippers served with homemade tomato ketchup (1/2/5/8)	(V) Mild spiced "Pad Thai" noodles (1/2/9)	(V) Wholemeal Margarita Pizza (1/2/8)	(V) Mac 'n' cheese (1/8)	All meat served on a Tuesday will be Halal certified.
29th Nov	Broccoli & cauliflower Chocolate & beetroot brownies (1/5/8)	Carrots & peas Seasonal fruit	Green beans Apple & berry crumble served with custard (1/5/8)	Steamed broccoli Seasonal fruit	Garden peas Low fat fruit yoghurt (8)	All fish and fish products will be sustainably sourced.
Week 3 w/c	(V) Spaghetti with hidden vegetable tomato sauce (1/8)	Halal cottage pie with hidden vegetables topped with crispy potato mash (2/8)	Fish fingers served with new potatoes & lemon mayonnaise (1,5,6)	Wholemeal pizza topped with ham & mushrooms (1/2/8)	Breaded cod fillet served with chips & tartar sauce (1,5,6,8)	Local and British grown produce will be given priority whenever seasonally available.
15th Nov	(V) Tomato, mozzarella & basil ciabatta toastie (1/8)	(V) Veggie burger in a ciabatta bun served with sweet potato fries (1/5/8)	(V) Jacket potato stuffed with vegetable chilli "sin" carne & crumbled cheese topping (8/9)	(V) Wholemeal Margarita Pizza (1/2/8)	(V) Veggie Katsu curry served with rice (10)	
6th Dec	Green vegetable medley Marble cake (1/5/8)	Steamed Vichy carrots Seasonal fruit	Crunchy green bean salad Doughnut holes (1/5/8)	Chef's salad Seasonal fruit	Steamed broccoli Low fat fruit yoghurt (8)	Fresh fruit and seasonal salads are served daily.

