

Autumn 2020	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 w/c 07th Sept 28th Sept 19th Oct	(V) Potato bites stuffed with chilli sin carne (2/8/9)  (V) Breaded vegetable Ball with home made ketchup (1/5)  Crunchy green beans  Marble cake (1/5/8)	Halal beef burger & chips (1)  (V) Spring vegetable Pasty & chips (1/5)  Carrot sticks  Fresh fruit	Tandoori fish wrap (1/2/6/9)  (V) Skin on chip butty with hidden vegetable tomato sauce (1/2)  Crudités  Two chocolate chip cookie (1,5,8)	Wholemeal pizza topped with pepperoni (1/2/8)  (V) Wholemeal Margarita Pizza (1/2/8)  Steamed broccoli  Fresh fruit	Breaded cod fingers served with chips & homemade ketchup (1,5,6,8)  (V) Mild spiced vegetable samosa (1/2/8/10)  Cut vegetables  Apple turnover (1/8)
Week 2 w/c 14th Sept 05th Oct 20th July	(V)Veggie burrito with guacamole (1/2/9)  (V) Vegetable biryani croquette with garlic sauce (1/2/8/10)  Steamed broccoli  Chocolate and beetroot brownie (1/5/8)	Halal "Somali" lamb samosa (1)  (V) Homemade falafel with hummus & pitta bread (1/5)  Cut cucumber  Fresh fruit	Tuna & sweet corn mini quiche (1/2/8)  (V) Mac & cheese muffins (1,5,8)  Crudités  Fruit yoghurt pot (8)	Wholemeal pizza topped with spicy beef (1/2/8)  (V) Wholemeal Margarita Pizza (1/2/8)  Carrot sticks  Fresh fruit	Breaded fish ciabatta sandwich served with potato wedges (1/6)  (V) Vegetable spring roll (1/2/9)  Green beans  Cheese and crackers and grapes (1/8)
Week 3 w/c 21st Sept 12th Oct	(V) Veggie "Hot Dog" with home made ketchup(1/2)  (V) Vegetable pakora with mild homemade curry ketchup (2/10)  Crunchy green beans  White chocolate sponge (1/5/8)	Breaded chicken burger with chips (1/2)  (V) Veggie "Croque Monsieur" Wholemeal baguette (1/8)  Cut cucumber & tomato  Fresh fruit	Fish finger sandwich (1,5,6)  (V) Jamaican style veggie mince pattie with mild spiced ketchup (1/2/10)  Crudités  Mini doughnut bites (1/5/8)	Wholemeal pizza topped with ham & mushrooms (1/2/8)  (V) Wholemeal Margarita Pizza (1/2/8)  Cut cucumber  Fresh fruit	Classic "Fish and Chips" (1/6)  (V) Vegetable sausage roll (1/2/8)  Steamed broccoli  Fruit yoghurt pot (8)

### Allergens key

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
Molluses	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

