

Autumn 2019 Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Allergens key
<b>Week 1</b> w/c 28th Oct 18th Nov 9th Dec	(V) Vegetable lasagne served with tomato salad (1/2/8)  (V) Egg curry served with basmati rice (8/10)  <i>Green beans, mange tout, garlic dough balls (1/8)</i>  <i>Chocolate, vanilla &amp; beetroot brownie (1/5/8)</i>	Halal chicken bangers & mash served with gravy (1/8)  (V) Mild spiced homemade falafel with pita bread & Tabbouleh (1/2/5)  <i>Carrots &amp; peas</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Fish sandwich served with lime mayonnaise dressing (1/5/6/10)  (V) Colourful vegetable hot pot with dumplings (1/5/8)  <i>Steamed broccoli &amp; cauliflower</i>  <i>Apple turnovers &amp; custard (1/5/8)</i>	Jerk style chicken thighs (10)  (V) Mild spiced veggie mince pasties (1/5/9/10)  <i>Rice &amp; Peas, Coleslaw</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Breaded fish & chips with tartar sauce (1/5/6/8)  (V) Mac 'n' cheese (1/8)  <i>Garden mushy peas</i>  <i>Choc ice (8)</i>	<b>Gluten</b> 1 <b>Celery</b> 2 <b>Peanuts</b> 3 <b>Treenuts</b> 4 <b>Egg</b> 5 <b>Fish</b> 6 <b>Crustacea</b> 7 <b>Dairy</b> 8 <b>Soy</b> 9 <b>Mustard</b> 10 <b>Sesame</b> 11 <b>Lupin</b> 12 <b>Sulphur</b> 13
<b>Week 2</b> w/c 4th Nov 25th Nov 16th Dec	(V) Roasted Autumn vegetables & haloumi wrap with yoghurt dressing (1/8)  (V) New potato & paprika tortilla (5/8)  <i>Greek style salad &amp; potato wedge</i>  <i>Baked New York cheesecake with strawberry sauce (1/5/8)</i>	Halal Beef burger served in a bun with homemade tomato relish (1)  (V) Vegetable samosa with Bombay potatoes & mint yoghurt (1/8/9/10)  <i>Autumn chef's salad</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Smoked haddock fish balls with cream sauce & crushed new potatoes (1/2/5/6/8)  (V) Vegetable pad Thai noodles (1/5/9)  <i>Steamed baby spinach &amp; peas</i>  <i>Oat apple crumble (1/8)</i>	Chicken & leek pie with pastry topping (1/8)  (V) Veggie sausage & mash (1,8,9)  <i>Green beans and carrots</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Classic "Fish & Chips" (1/6)  (V) Chickpea Korma served with Pilaf rice (8/10)  <i>Garden peas &amp; sweet corn</i>  <i>Raspberry jelly with cream (5/8)</i>	<b>All meat served on a Tuesday will be Halal certified.</b> <b>All fish and fish products will be sustainably sourced.</b> <b>Local and British grown produce will be given priority whenever seasonally available.</b>
<b>Week 3</b> w/c 11th Nov 2nd Dec	(V) Cauliflower cheese and spinach pasta bake (1/8)  (V) Jacket potato stuffed with mild vegetable chilli (2/9)  <i>Green medley and garlic flat bread (1/8)</i>  <i>White chocolate sponge with custard (1/5/8)</i>	Breaded Halal turkey escallop served with new potatoes (1/5)  (V) Arancini's (Italian rice balls) served with tomato & basil sauce (1/5)  <i>Creamed spinach and peas (8)</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Tuna & tomato tagliatelle (1/2/6)  (V) Stir-fried sweet chilli vegetables with steamed whole grain rice (1/2/9)  <i>Steamed savoy cabbage &amp; broccoli</i>  <i>Pancake with chocolate or caramel sauce (1/5/8)</i>	Wholemeal ham & mushroom pizza (1/2/8)  (V) Wholemeal Margarita Pizza (1/2/8)  <i>Potato wedges &amp; mixed salad</i>  <i>Yoghurt &amp; fresh fruit (8)</i>	Crispy homemade fish nuggets served with skin on potato wedges (1/2/5/6)  (V) Pasta spirals with hidden vegetable tomato sauce (1/2)  <i>Garden peas &amp; sweetcorn</i>  <i>Cheese and crackers &amp; grapes (1/8)</i>	<b>We avoid knowingly purchasing nuts and nut products</b> <b>Fresh fruit and seasonal salads served daily</b>

