

# Autumn Term Menu



## WEEK ONE

**Monday**  
 Choose from either...  
 M Pork Meatballs\* & Tomato Sauce **DE**  
 V Veggie Balls & Tomato Sauce **DE**  
 JP Cheese **CE**  
 Served with  
 Pasta **DE**  
 Dessert  
 Mini-biscuit pack **E**

**Tuesday**  
 Choose from either...  
 M Breaded Chicken Steak **DE**  
 V Cheese & Onion Pasty **E**  
 JP Baked Beans **DE**  
 Served with  
 Wedges **DE**  
 Dessert  
 Fresh Fruit **DE** / Yoghurt **DE**

**Wednesday**  
 Choose from either...  
 M Roast Beef and Gravy **DE**  
 V Meatfree Bolognese **DE**  
 JP Tuna & Sweetcorn with Mayo **DE**  
 Served with  
 Roast Potatoes **DE**  
 Dessert  
 Vanilla & Chocolate Mousse **DE**

**Thursday**  
 Choose from either...  
 M Beef Bolognese **DE**  
 V Veggie Lasagne **E**  
 JP Baked Beans **DE**  
 Served with  
 Pasta **DE** / Garlic Bread **E**  
 Dessert  
 Fresh Fruit **DE** / Yoghurt **DE**

**Friday**  
 Choose from either...  
 M Fish Fingers **DE**  
 V Vegetable Samosa **DE**  
 JP Cheese **CE**  
 Served with  
 Sauté Potatoes **DE**  
 Dessert  
 Brownie Bites **D**

## WEEK TWO

**Monday**  
 Choose from either...  
 M Chicken Korma **E**  
 V Lentil Dahl **DE**  
 JP Cheese **CE**  
 Served with  
 Naan Bread **DE**  
 Dessert  
 Cake Slice **DE**

**Tuesday**  
 Choose from either...  
 M Jumbo Fishfinger **DE**  
 V Vegan pizza roll **DE**  
 JP Lentil Bolognese **DE**  
 Served with  
 Sauté Potatoes **DE**  
 Dessert  
 Fresh Fruit **DE** / Yoghurt **DE**

**Wednesday**  
 Choose from either...  
 M Mild Beef Chilli **DE**  
 V Three Bean Casserole **DE**  
 JP Cheese **CE**  
 Served with  
 Rice **DE**  
 Dessert  
 Blueberry Muffin

**Thursday**  
 Choose from either...  
 M Roast Chicken and Gravy **DE**  
 V Cheese & Tomato Quiche  
 JP Baked Beans **DE**  
 Served with  
 Roast Potatoes **DE**  
 Dessert  
 Ice Fruit Smoothie **DE**

**Friday**  
 Choose from either...  
 M Sausage Roll **DE**  
 V Vegan Sausage Roll **DE**  
 JP Salmon & cream cheese jacket **DE**  
 Served with  
 Oven Baked Chips **DE**  
 Dessert  
 Banana Toffee Loaf Cake

## WEEK THREE

**Monday**  
 Choose from either...  
 M Pork Sausages\* **DE**  
 V Veggie Sausages **DE**  
 JP Tuna & Sweetcorn with Mayo **DE**  
 Served with  
 Mash **DE**  
 Dessert  
 Fresh Fruit **DE** / Yoghurt **DE**

**Tuesday**  
 Choose from either...  
 M Mexican Chicken **DE**  
 V Chickpea Ratatouille **DE**  
 JP Cheese **CE**  
 Served with  
 Rice **DE**  
 Dessert  
 Pancake

**Wednesday**  
 Choose from either...  
 M Roast Ham and Gravy **DE**  
 V Vegan Quorn and Gravy **DE**  
 JP Tandoori Mayo Chicken **DE**  
 Served with  
 Roast Potatoes **DE**  
 Dessert  
 Ice Fruit Smoothie **DE**

**Thursday**  
 Choose from either...  
 M Cheesy Pasta **DE**  
 V Wholemeal cheese & tomato pizza **DE**  
 JP Baked Beans **DE**  
 Served with  
 Pasta **DE** / Potato Bites **DE**  
 Dessert  
 Vanilla & Strawberry Mousse **DE**

**Friday**  
 Choose from either...  
 M Bubble Fish **DE**  
 V Veggie Nuggets **DE**  
 JP Cheese **CE**  
 Served with  
 Crispy Diced Potatoes **DE**  
 Dessert  
 Lemon Traycake

## Check the Schedule



- M - Main
- V - Vegetarian
- JP - Jacket Potato

### SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
						30
						31

### NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31



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**D** - Dairy Free  
**DE** - Gluten Free  
**E** - Egg Free

\* - Contains Pork  
 All meals are served with vegetables

Please note: We work from a nut free premises but some purchased items may contain traces of nuts

# Allergies and Free-From Meals

On our menu, after each meal are some, or one, or no letters - either D, G or E. These refer to allergies that affect some children.

- D** - Signifies that a meal is Dairy Free
- G** - Signifies that a meal is Gluten Free
- E** - Signifies that a meal is Egg Free

We have made sure that every day we have at least one option which is Dairy Free, one which is Gluten Free and one that is Egg Free. All our meals are Nur Free.

If your child has any of these special dietary requirements, please be sure to tick the box for the meal that suits your child each day.

Our seasonal menu is written using the School Food Plan guidelines and includes a variety of different protein sources, oily fish, two 50% fruit-based desserts a week and a meat-free day...

Check the Schedule overleaf

# GENSUS DAY HOT DOGS

Choose from

**M** Hot Dog\* **DE**

**V** Veggie Dog **DE**

**JP** Cheese **GE**

**Dessert**  
Mini cookie

That's hot!

Thursday  
October 6th



**FORERUNNER**  
MORE THAN JUST A MEAL

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