

# Autumn Term Menu



## WEEK ONE

Choose from either...

**Monday**

- M** Sweet & Sticky Chicken **GDE**
- V** Veggie Spring Roll
- JP** Baked Beans **GDE** **V**

Served with  
Rice **GDE** / Mixed Veg

Dessert  
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

**Tuesday**

- M** Beef & Vegetable Grill **GDE**
- V** Veggie Bake **GDE** **V**
- JP** Cheese **GE**

Served with  
Potato Bites **GDE** /  
Garden Peas

Dessert  
Mini pack Biscuits **E**

Choose from either...

**Wednesday**

- M** Roast Ham & Gravy\* **GDE**
- V** Cheese Omelette **G**
- JP** Spaghetti Hoops **DE** **V**

Served with  
Roast Potatoes **GDE** / Carrots

Dessert  
Vanilla & Chocolate  
Mousse **GE**

Choose from either...

**Thursday**

- M** Beef Bolognese **DE**
- V** Veggie Lasagne **E**
- JP** Lentil Bolognese Jacket **GDE** **V**

Served with  
Pasta **DE** / Garlic Bread **E**  
/ Sweetcorn

Dessert  
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

**Friday**

- M** Fish Fingers **DE**
- V** Vegan Sausages **GDE** **V**
- JP** Green Pesto Pasta Salad **E**

Served with  
Skin-on Potato Wedges **GDE**  
/ Peas

Dessert  
Mini Muffin

## WEEK TWO

Choose from either...

**Monday**

- M** Hot Dog\* **DE**
- V** Veggie Dogs **DE** **V**
- JP** Cheese **GE**

Served with  
Baked Beans / Peas

Dessert  
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

**Tuesday**

- M** Roast Chicken & Gravy **GDE**
- V** Falafel Balls **DE** **V**
- JP** Cream Cheese Bagel with  
Cucumber **E**

Served with  
Roast Potatoes **GDE** /  
Green Beans

Dessert  
Fruit Loaf **DE** **V**

Choose from either...

**Wednesday**

- M** Pork Meatballs & Tomato Sauce\* **DE**
- V** Veggie Balls & Tomato Sauce **DE** **V**
- JP** Chicken Korma **GE**

Served with  
Pasta **DE** / Mixed Veg

Dessert  
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

**Thursday**

- M** Breaded Chicken Steak **DE**
- V** Vegan Quorn Dippers **DE** **V**
- JP** Tuna & Sweetcorn with Mayo **GD**

Served with  
Saute Potatoes **GDE** /  
Baked Beans

Dessert  
Frozen Fruit Smoothie **GDE**

Choose from either...

**Friday**

- M** Beef Lasagne **E**
- V** Wholemeal Cheese & Tomato Pizza **E**
- JP** Baked Beans **GDE** **V**

Served with  
Potato Bites **GDE** / Peas

Dessert  
Pancake

## WEEK THREE

Choose from either...

**Monday**

- M** Chicken Korma **GE**
- V** Lentil Dahl **GDE** **V**
- JP** Cheese **GE**

Served with  
Rice **GDE** / Mixed Veg

Dessert  
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

**Tuesday**

- M** Rice Crispy Coated Salmon **GDE**
- V** Vegetable Fingers **DE** **V**
- JP** Mild Beef Chilli Jacket **GDE**

Served with  
Oven Baked Chips **GDE**  
/ Baked Beans

Dessert  
Cake Slice **GD**

Choose from either...

**Wednesday**

- M** Sausages & Gravy\* **DE**
- V** Quorn Fillet and Gravy **GD**
- JP** Spaghetti Hoops **DE** **V**

Served with  
Roast Potatoes **GDE** / Carrots

Dessert  
Vanilla & Strawberry  
Mousse **GE**

Choose from either...

**Thursday**

- M** Meat Free Bolognese **DE** **V**
- V** Cheesy Pasta **E**
- JP** Baked Beans **GDE** **V**

Served with  
Pasta **DE** / Mixed Veg

Dessert  
Fresh Fruit **GDE** / Yoghurt **GE**

Choose from either...

**Friday**

- M** Sausage Roll\* **DE**
- V** Vegan Sausage Roll **DE** **V**
- JP** Tuna Bagel with Carrot Sticks **D**

Served with  
Skin-on Potato Wedges **GDE**  
/ Garden Peas

Dessert  
Mini Donuts

Check the  
Schedule

### 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				

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



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- D** - Dairy Free
  - G** - Gluten Free
  - E** - Egg Free
  - V** - Vegan
  - \* - Contains Pork
- All meals are served with vegetables

# 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
- V** - Signifies that a meal is Vegan

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

# Crossword

Fill in the crossword puzzle with the names of the numbered vegetables.



1. Turnip 2. Pumpkin 3. Courgette 4. Broccoli  
5. Asparagus 6. Avocado 7. Corn 8. Beetroot  
9. Radish 10. Garlic 11. Tomato



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