

'24 AUTUMN MENU - WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

-Vegetable curry with rice
(A)(G)(ND)

-Chicken sausages with
onions, mash & gravy
(G)(ND)

-Beef burger with chips
(G)(ND)

-Roast Turkey with Roast
Potato (ND)(GF)

-Fish fingers
(F)(G)(ND)

- Roasted veg pasta bake
(G)(D)

-Quorn sausages with
beans & salad (ND)

-Veggie burger
(A)(G)(ND)

-Quorn roast with roast
potato (D)

-Tofu with a miso
glaze (ND) served
with chips (GF) or
noodles (G)

-Jacket potato with
cheese (D)

-Jacket potato (GF) with
cheese (D) or tuna (F)
with (D) or w/out mayo
(ND)

-Jacket potato with
coleslaw (D)

-Jacket potato with
beans (ND)(GF)

-Jacket potato with
ratatouille
(A)(ND)(GF)

VEGETABLES

-Glazed carrots &
cauliflower

-Seasonal greens

-Steamed mixed
vegetables

-Carrots & peas

-Peas & sweetcorn
Baked Beans

DESSERT

-Autumn fruit crumble
& custard (G)(D)(E)

-Ginger Bread bake
(D)

-Classic Jam Sponge &
custard (D)(E)(G)

-Apple cobbler with
custard (G)(D)(E)

-Arctic roll ice cream
cake (G)(D)(E)

-Yogurt (D)

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-Yogurt (D)

-Fresh fruit

-Fresh fruit

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-Fresh fruit

ALLERGEN SYMBOLS:

A = CONTAINS AUBERGINE; D = CONTAINS DAIRY

E = CONTAINS EGG; F = CONTAINS FISH; G = CONTAINS GLUTEN

ND = NON-DAIRY; GF = GLUTEN FREE



Lancasterian Primary School