

- we all aim high;
- everyone is included;
- creativity is valued



## Week One Menu Autumn Term 23

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>				
Vegetable curry with rice (D)	Chicken sausages with onion, mash and gravy (G) (D)	Beef burger with chips (G) (D)	Roast turkey with roast potato	Cod fish fingers. (F)
Vegetable dahl with basmati rice (D)(ND)	Quorn sausages with onion mash and gravy (G) (ND)	Vegetable burger (G)(ND)	Quorn roast with roast potato (ND)	Tofu with a miso glaze served with chips or noodles. (ND)
Jacket potato with cheese or tuna (D)(F)	Jacket potato with cheese or tuna (D)(F)	Jacket potato with coleslaw (D)	Jacket potato with beans (ND)	Jacket potato with ratatouille (ND)
<b>Vegetables</b>				
Glazed carrots & cauliflower	Seasonal greens	Baked beans	Carrots and peas	Peas and sweetcorn mix
<b>Dessert</b>				
Apple & cinnamon crumble or cut fruit and yogurt (D)	Ginger cake with lemon sauce.	Jam Rolly-Polly with custard (D)(G)	Apple cobbler with custard	Arctic roll cut fruit and yogurt (D) (E)
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

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**D** = CONTAINS DAIRY, **F** = FISH, **ND** = NON- DAIRY

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## Week Two Menu Autumn Term 23

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>				
Cheese & tomato pasta bake	Yasmin's chicken biryani	Cowboy casserole (Sausage & Beans) freshly baked oat & thyme bread	Lamb moussaka with couscous (D)	Fish cakes or fish fingers with jacket wedges (F)
Roasted veg pasta bake(G)(D)	Vegetable biryani	Veggie cowboy casserole Freshly baked oat & thyme bread (D)	Aubergine moussaka (ND)	Cheese and tomato flan(D)
Jacket potato with cheese or tuna (D)(F)	Jacket potato with tuna and sweetcorn (F)	Jacket potato with chili (ND)	Jacket potato with cheese (D)	Jacket potato with vegetable curry (ND)
<b>Vegetables</b>				
Green beans	Diced swede & carrots	Peas & sweetcorn	Cauliflower & carrots	Garden peas & spaghetti rings
<b>Dessert</b>				
Fruit whip or yogurt (D)	Apple & banana crisp(D) with custard or yogurt (D)	Chocolate cake with chocolate sauce(D)(G)(E) or cut fruit & yogurt. (D)	Oaty & apple slice with custard or cut fruit and yogurt (D)	Fruit jelly or fruit & yogurt (D)
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

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## Week Three Menu Autumn Term 23

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>				
Mac & Cheese with homemade garlic bread(D)(G)	Roast chicken & roast potato	Beef casserole with mash potato	Margarita pizza & jacket wedges (D)	Fish fritters and chips. (F)(ND)
Cauliflower cheese with homemade garlic bread(D)(G)	Quorn bake & roast potato	Vegetable hotpot (D)	Pasta Neapolitan. (ND)	Vegetable stir fry with noodles. (ND)
Jacket potato with baked beans (ND)	Jacket potato with cheese or tuna (F)(D)	Jacket potato with tuna & mayonnaise(F)(D)	Jacket potato with cheese(D)	Double baked jacket potato (ND)
<b>Vegetables</b>				
Green beans & carrots	Sweetcorn & peppers	Steamed mixed vegetables	Broccoli florets	Beans
<b>Dessert</b>				
Autumn fruit crumble & custard (D) or cut fruit & yogurt (D)	Fruit sponge with custard (D)(E) or cut fruit & yogurt (D)	Rice pudding with jam (D) or cut fruit & yogurt (D)	Treacle sponge with custard D(E) (D)(G)	Ice-cream (D) or cut fruit & yogurt (D)
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

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## Afterschool Club Menu Autumn Term 23

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1 Option 1</b>				
Lamb samosa	BBQ chicken wings	Homemade chicken sausage rolls	Chicken patty	Margarita pizza
<b>Option 2 (Vegetarian)</b>				
Vegetable samosa	Vegetable nuggets	Homemade vegetable sausage rolls	Vegetable patty	Margarita pizza
<b>Week 2 Option 1</b>				
Cheese & tomato tortilla	Lamb burgers	Lasagne & garlic bread	Hot dog	Pancakes with jam or chocolate spread
<b>Option 2 (Vegetarian)</b>				
Cheese & tomato tortilla	Veggie burgers	Lasagne & garlic bread	Veggie dog	Pancakes with jam or chocolate spread

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