

# '24 AUTUMN MENU - WEEK 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

-Spaghetti with tomato & basil (G)(ND)

- Loaded half potato with cheese & beans (D)

-Jacket potato with cheese (D)(GF)

-Yasmin's chicken biryani (GF)(ND)

-Vegetable biryani (A)(GF)(ND)

-Jacket potato with tuna and sweetcorn (F)(GF)(D)

-Beef pasta bake with homemade bread (G)(W)

-Spaghetti pomodoro with fresh basil (G)(ND)

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

-Reginas chicken jollof (ND)(G)

-Vegetable Jollof (A)(GF)(ND)

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

-Fish cakes (D) or fish fingers (ND) with jacket wedges (F)(G)

-Cheese & tomato flan (D)(G)(E)

-Jacket potato with vegetable curry (A)(ND)(GF)

VEGETABLES

-Green beans

-Diced swede & carrots

-Peas & sweetcorn

-Cauliflower & carrots

-Garden peas & spaghetti rings (G)(ND)

DESSERT

-Apple & cornflake crisp with custard (D)(G)

-Yogurt (D)

-Fresh fruit

-Wholemeal banana bread (D)(E)(G)

-Yogurt (D)

-Fresh fruit

-Cheese crackers (D)(G)

-Yogurt (D)

-Fresh fruit

-Apple pie with custard (D)(E)

-Yogurt (D)

-Fresh fruit

-Fruit jelly

-Yogurt (D)

-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