

'24 AUTUMN MENU - WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

- Mac & Cheese with homemade garlic bread (G)(D)

-Burrito (G) with beans, with (D) or w/out (ND) cheese

-Jacket potato with baked beans (ND)(GF)

-Roast Chicken & roast potato (ND)(GF)

-Quorn bake & roast potato (ND)(GF)

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

-Beef Stew with mash potato (ND)(GF)

-Vegetable Hotpot (A)(ND)(GF)

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

-Margherita pizza with jacket wedges (D)(G) (ND & GF version available)

-Vegetable lasagne (A)(D)(G)

-Jacket potato with cheese (D)(GF)

-Fish fritters (E) or fish fingers (ND) & chips (F)(G)

-Vegetable stir fry with noodles (ND)(G)

-Jacket potato with cheese (D)(GF)

VEGETABLES

-Green beans & carrots

-Sweetcorn & peppers

-Steamed mixed vegetables

-Broccoli florets

-Baked beans

DESSERT

-Fruit crumble & custard (D)(G)

-Yogurt (D)

-Fresh fruit

-Carrot Cake (G)(D)(E)

-Yogurt (D)

-Fresh fruit

-Rice Pudding with jam (D)

-Yogurt (D)

-Fresh fruit

-Treacle Sponge with custard (G)(D)(E)

-Jelly

-Fresh fruit

-Ice cream (D)

-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