WHAT'S FOR LUNCH?

WEEK 1

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Wholemeal Tomato Pasta Bake **Allergen: Gluten**	Homemade Chicken & Leek Pie **Allergen: Gluten**	Roast Chicken with Gravy	Lamb Keema Curry	Oven-Baked Fish Fingers **Allergens: Fish, Gluten**
MAIN (OPTION 2)	Pesto Pasta **Allergen: Gluten**	Homemade Mushroom & Leek Pie **Allergen: Gluten**	Roasted Cauliflower	Chickpea Curry	Vegetable Cheese Bake **Allergens: Gluten, Milk**
SIDES	Wholemeal Garlic Bread **Allergen: Gluten**	Roasted New Potatoes	Roasted Potatoes	Mixed Brown & White Rice	Oven-Baked Chips Tartare sauce with capers & cornichons
VEGETABLES	Roasted Broccoli	Baby Carrots & Peas	Seasonal Autumn Vegetables	Roasted Cajun Cauliflower	Baked Beans
EXTRAS	Greek yoghurt and fresh fruits served daily. Wednesday: Apple & Cinnamon Sponge Cake (allergens: Gluten, Egg).				

Please contact the school for full allergen details if your child has a food allergy or dietary requirement.

WHAT'S FOR LUNCH?

WEEK 2

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Wholemeal Vegetable Ratatouille **Allergen: Gluten**	Traditional Shepherd's Pie **Allergen: Milk**	Wholemeal Margherita Pizza **Allergens: Gluten, Milk**	Chicken Biryani	Homemade Fish Pie (salmon & white fish) **Allergens: Fish, Milk**
MAIN (OPTION 2)	Creamy Mushroom Pasta **Allergens: Gluten, Milk**	Lentil & Vegetable Shepherd's Pie **Allergen: Milk**	Gluten- and dairy-free option available	Vegetable Biryani	Creamy Vegetable Pie **Allergen: Milk**
SIDES	Wholemeal Garlic Bread **Allergen: Gluten**	Wholemeal Bread **Allergen: Gluten**	Roasted New Potatoes	Basmati Rice	Creamy Mashed Potatoes **Allergen: Milk**
VEGETABLES	Green Beans	Baby Carrots & Peas	Sweetcorn	Roasted Cauliflower	Green Beans
EXTRAS	Greek yoghurt and fresh fruit served daily. Wednesday: Apple & Blackberry Oat Crumble (allergen: Gluten).				

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WHAT'S FOR LUNCH?

WEEK 3

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato & Basil Spaghetti **Allergen: Gluten**	Beef Casserole	Roast Turkey & Gravy	Mild Chicken Korma **Allergen: Milk**	Oven-Baked Fish Fingers **Allergens: Fish, Gluten**
MAIN (OPTION 2)	Pesto Penne Pasta **Allergen: Gluten**	Bean & Vegetable Casserole	Cajun-Roasted Cauliflower	Sweet Potatoes & Chickpea Curry	Vegetable Fingers **Allergen: Gluten**
SIDES	Wholemeal Garlic Bread **Allergen: Gluten**	Creamy Mashed Potatoes **Allergen: Milk**	Roasted Potatoes	Mixed Brown & White Rice	Oven-Baked Chips Tartare sauce with capers & cornichons
VEGETABLES	Roasted Broccoli	Cabbage & Carrots	Seasonal Vegetables	Green Beans	Baked Beans
EXTRAS	Greek yoghurt and fresh fruit served daily. Wednesday: Carrot & Orange Sponge Cake (allergens: Egg, Gluten).				

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