

Fresh fruit & yoghurt  
available with  
every meal!



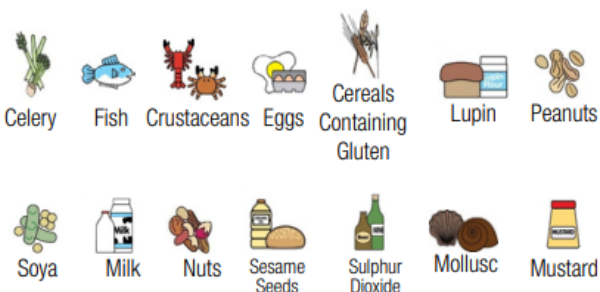
If your child has an allergy or special dietary requirements, please inform the school and our catering team, so we can discuss their needs.



We have highlighted the 14 allergens on our menus to help you make informed decisions. Some of our recipes include 'may contain' information, but this is not included on our menus. This information is however available on our daily allergen matrix. Please contact your school cook for further information.



**V** = Vegetarian



Additional items may be available at your school, i.e. jacket potatoes and sandwiches. Please speak to your school for further information.

Don't forget to turn the page to see the Autumn Term's upcoming promotions, a tasty recipe to make at home, and a nutritional good-to-know!



	WEEK 1 Served w/c 4th Sep, 25th Sep, 16th Oct, 13th Nov & 4th Dec	WEEK 2 Served w/c 11th Sep, 2nd Oct, 23rd Oct, 20th Nov & 11th Dec	WEEK 3 Served w/c 18th Sep, 9th Oct, 6th Nov, 27th Nov & 18th Dec
Monday	<b>V</b> Pizza <b>V</b> <b>Quorn</b> BBQ Wrap Diced Potatoes Crunchy Veggie Sticks Tuna Sandwich <b>V</b> Vegetable Bolognese Jacket Potato  ***** <b>V</b> Lemon Drizzle Muffin	<b>V</b> Pasta Bolognese Bake <b>V</b> Oven Baked Sausage & Bean Bake Broccoli & Sweetcorn Garlic Flatbread <b>V</b> Cheese Sandwich Tuna Jacket Potato  ***** <b>V</b> Custard Cookie with Fruit & Ice-Cream	<b>V</b> Creamy Mac & Cheese <b>V</b> Lightly Spiced Bean and Vegetable Curry & Rice Broccoli & Carrots Homebaked Garlic Bread <b>V</b> Cheese Sandwich <b>V</b> Baked Bean Jacket Potato  ***** <b>V</b> Berry Crumble Mousse Pot
Tuesday	Chicken & Tomato Pasta <b>V</b> Seasonal Vegetable Hot Pot Peas & Sweetcorn Homebaked Garlic Bread <b>V</b> Cheese Sandwich <b>V</b> Baked Bean Jacket Potato  ***** <b>V</b> Autumnal Fruit Crumble & Custard	Chicken Burger in a Bun <b>V</b> Vegetable & Bean Burger in a Bun Potato Wedges Coleslaw & Peas Ham Sandwich <b>V</b> Veggie Chilli Jacket Potato  ***** <b>V</b> Chocolate Sponge & Chocolate Sauce	Nacho Beef Bake <b>V</b> Cheese & Bean Enchilada Rice Sweetcorn & Peas Chicken Sandwich Tuna Jacket Potato  ***** <b>V</b> Chocolate Berry Brownie
Wednesday	Sausage & Yorkshire Pudding <b>V</b> Meat-Free Sausage & Yorkshire Pudding Mashed Potato Medley of Vegetables Gravy Crusty Bread Ham Sandwich Tuna Jacket Potato  ***** <b>V</b> Cheese & Crackers	Roast Loin of Pork with Apple Sauce <b>V</b> Pea-ter Croquette Boiled Potatoes Carrots & Green Beans Gravy Homebaked Bread Chicken Sandwich <b>V</b> Baked Bean Jacket Potato  ***** <b>V</b> Jam Bun & Cheese	Roast Chicken & Stuffing <b>V</b> Vegetable Cottage Pie Mashed Potato Medley of Vegetables Gravy Crusty Bread <b>V</b> Egg Sandwich <b>V</b> Vegetable Bolognese Jacket Potato  ***** <b>V</b> Rice Pudding & Peaches
Thursday	Chicken Korma & Rice <b>V</b> Cheese, Leek & Potato Bake Cauliflower & Green Beans Naan Bread <b>V</b> Egg Sandwich <b>V</b> Cheese Jacket Potato  ***** <b>V</b> Berry Marble Sponge & Custard	Mexican Beef Pitta with Rice <b>V</b> Cauliflower Cheese Bake Medley of Vegetables Homebaked Sunflower Seed Bread Tuna Sandwich <b>V</b> Cheese Jacket Potato  ***** <b>V</b> Toffee Apple Muffin	All Day Breakfast <b>V</b> Veggie All Day Breakfast Homebaked Bread Ham Sandwich <b>V</b> Cheesy Bean Jacket Potato  ***** <b>V</b> Oatie Cookie & Cheese
Friday	Fish Fingers & Chips with Ketchup <b>V</b> Vegetable Lasagne Carrots & Peas Sliced Wholemeal Bread Chicken Sandwich <b>V</b> Baked Bean Jacket Potato  ***** <b>V</b> Chocolate Orange Mousse Cake	<b>V</b> Battered Fish <b>V</b> Cheese Whirl Chips & Ketchup Sweetcorn & Peas Crusty Bread <b>V</b> Egg Sandwich <b>V</b> Baked Bean Jacket Potato  ***** <b>V</b> Lemon Shortcake	Fish Star & Chips <b>V</b> Crunchy Garlic Bread Topped Tomato Pasta Peas & Carrots Homebaked Wholemeal Bread Tuna Sandwich <b>V</b> Cheese Jacket Potato  ***** <b>V</b> Fruity Jam Sandwich & Custard

Census  
Day 5th  
Oct 2023