

# Autumn Term Menu



## WEEK ONE

**Monday**  
**Choose from either...**  
**M** Chicken Korma **GE**  
**V** Vegetable & Chickpea Korma **GE**  
**JP** Baked Beans **GDE**  
**Served with**  
 Rice **GDE**  
**Dessert**  
 Fruit & Yoghurt **GE**

**Tuesday**  
**Choose from either...**  
**M** Cod Fish Fingers **DE**  
**V** Cheese & Tomato Quiche  
**JP** Chilli Con Carne **GDE**  
**Served with**  
 Saute Potatoes **GDE**  
**Dessert**  
 Fruit & Yoghurt **GE**

**Wednesday**  
**Choose from either...**  
**M** Roast Ham & Gravy\* **GDE**  
**V** Roast Quorn & Gravy **GD**  
**JP** Cheese **GE**  
**Served with**  
 Roast Potatoes **GDE**  
**Dessert**  
 Fruit & Yoghurt **GE**

**Thursday**  
**Choose from either...**  
**M** Beef Lasagne **E**  
**V** Veggie Lasagne **E**  
**JP** Tuna & Sweetcorn with Mayo **GD**  
**Served with**  
 Garlic Bread **E**  
**Dessert**  
 Fruit & Yoghurt **GE**

**Friday**  
**Choose from either...**  
**M** Sausages\* **DE**  
**V** Veggie Sausages **DE**  
**JP** Mackerel, Cream Cheese & Chives **GE**  
**Served with**  
 Mash **GDE**  
**Dessert**  
 Fruit & Yoghurt **GE**

## WEEK TWO

**Monday**  
**Choose from either...**  
**M** Chilli Con Carne **GDE**  
**V** Three Bean Chilli **GDE**  
**JP** Sausages and Baked Beans **DE**  
**Served with**  
 Rice **GDE**  
**Dessert**  
 Fruit & Yoghurt **GE**

**Tuesday**  
**Choose from either...**  
**M** Chicken Dippers **E**  
**V** Veggie Nuggets **DE**  
**JP** Beef Bolognese **GDE**  
**Served with**  
 Potato Wedges **GDE**  
**Dessert**  
 Fruit & Yoghurt **GE**

**Wednesday**  
**Choose from either...**  
**M** Roast Turkey & Gravy **GDE**  
**V** Vegetable Strudel **DE**  
**JP** Tuna & Sweetcorn with Mayo **GD**  
**Served with**  
 Roast Potatoes **GDE**  
**Dessert**  
 Fruit & Yoghurt **GE**

**Thursday**  
**Choose from either...**  
**M** Mac 'n' Cheese **E**  
**V** Cheese & Broccoli Quiche  
**JP** Baked Beans **GDE**  
**Served with**  
 Pasta **DE**  
 Herby Dice Pots **DE**  
**Dessert**  
 Fruit & Yoghurt **GE**

**Friday**  
**Choose from either...**  
**M** Cod Fish Fingers **DE**  
**V** Vegetarian Sausage Roll **DE**  
**JP** Cheese **GE**  
**Served with**  
 Sauté Potatoes **GDE**  
**Dessert**  
 Fruit & Yoghurt **GE**



## WEEK THREE

**Monday**  
**Choose from either...**  
**M** Chicken Fajitas **DE**  
**V** Quorn Fajitas **D**  
**JP** Tuna & Sweetcorn with Mayo **GD**  
**Served with**  
 Soft Tacos **DE**  
 & Cheese **GE**  
**Dessert**  
 Fruit & Yoghurt **GE**

**Tuesday**  
**Choose from either...**  
**M** Baked Battered Cod **E**  
**V** Vegetable & Cheese Bake **E**  
**JP** Baked Beans **GDE**  
**Served with**  
 Saute Potatoes **GDE**  
**Dessert**  
 Fruit & Yoghurt **GE**

**Wednesday**  
**Choose from either...**  
**M** Roast Pork & Gravy\* **GDE**  
**V** Veggie Sausages & Gravy **DE**  
**JP** Chicken Korma **GE**  
**Served with**  
 Roast Potatoes **GDE**  
**Dessert**  
 Fruit & Yoghurt **GE**

**Thursday**  
**Choose from either...**  
**M** Beef Burgers with Bap **DE**  
**V** Quorn Burgers  
**JP** Cheese **GE**  
**Served with**  
 Potato Wedges **GDE**  
**Dessert**  
 Fruit & Yoghurt **GE**

**Friday**  
**Choose from either...**  
**M** Pork Meatballs & Tomato Sauce\* **D**  
**V** Veggie Balls and Tomato Sauce **D**  
**JP** Baked Beans **GDE**  
**Served with**  
 Pasta Penne **DE**  
**Dessert**  
 Fruit & Yoghurt **GE**

### Check the Schedule

- M** - Main
- V** - Vegetarian
- JP** - Jacket Potato

**SEPTEMBER**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**OCTOBER**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	67
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**NOVEMBER**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**DECEMBER**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



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- D** - Dairy Free
  - G** - Gluten Free
  - E** - Egg Free
  - \* - Contains Pork
- All meals are served with vegetables

**Please note:** We work from a nut free premises but some purchased items may contain traces of nuts