



Menu Autumn 2023

Starts Monday 11th September 2023

Menus may occasionally be

Subject to change

(a new menu will be issued after October half term)



Week 1 Week commencing 11th September and 2nd October 2023

Monday

Homemade Margherita Pizza or Cheese & Sweetcorn Pizza	Couscous Garden Salad Coleslaw	Fresh Fruit or Yoghurt
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Tuesday

Burger or Sweetcorn & Chickpea Burger	Half Jacket Potato Baked Beans Sweetcorn	Cake
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Wednesday

Roast Chicken or Herby Quorn Fillet	New potatoes Seasonal vegetables Gravy (optional)	Fresh Fruit or Yoghurt
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Thursday

Pasta Bolognese or Ratatouille Pasta	Homemade Garlic Bread Mixed Salad	Chocolate Oatcake
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Friday

Omega 3 Fish Fingers or Omelette Muffins	Chips Peas & Sweetcorn	Fruit Salad and Cream
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**Dietary needs (i.e. vegetarian, allergies etc) are catered for
Bread and a selection of salads available every day**


Week 2 Week commencing 18th September and 9th October 2023



Monday

<p>Meatballs in Tomato Sauce served with Pasta or Macaroni Cheese</p>	<p>Homemade Garlic Bread Mixed Salad</p>	<p>Fresh Fruit or Yoghurt</p>
		



Tuesday

<p>Sausages or Homemade Sweet Potato and Lentil Curry</p>	<p>Wholegrain and White Rice Broccoli</p>	<p>Cake</p>
		



Wednesday

<p>Roast Gammon or Vegetable Parcels</p>	<p>Roast Potatoes Yorkshire Pudding Seasonal vegetables Gravy (optional)</p>	<p>Fruit or Yoghurt</p>

Thursday

<p>Chicken served in a Tortilla Wrap or Roasted Vegetable and cheese Quesadilla</p>	<p>Lettuce & Sweetcorn Coleslaw Mayonnaise (optional) Sweet Chilli Sauce (optional)</p>	<p>Fruit Lolly</p>
		

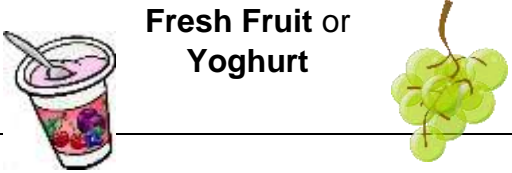
Friday

<p>Homemade Pizza Whirl Or Frittata</p>	<p>Chips Peas or Baked Beans</p>	<p>Ice cream</p>
		



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Week 3 Week commencing 25th September and 16th October 2023



Monday

<p>Battered Chicken Pieces Or Crispy Dippers</p>	<p>Half jacket potato Baked beans Corn</p>	<p>Fresh Fruit or Yoghurt</p> 
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Tuesday

<p>Quorn bolognaise or Plant-powered Balls in Tomato Sauce</p>	<p>White and Brown Rice Mixed Salad</p> 	<p>Cookie</p> 
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Wednesday

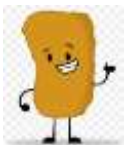
<p>Jacket Potato</p> 	<p>Cheese Beans Tuna Coleslaw Salad</p>	<p>Fresh Fruit or Jelly</p> 
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Thursday

<p>Chicken and Broccoli Pasta Bake or Roasted Vegetable Pasta</p>	<p>Homemade Garlic Bread</p> 	<p>Fresh Fruit or Yoghurt</p>
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Friday

<p>Fillet of Fish Or Southern Crumb Burger</p>	<p>Chips Sweetcorn Peas</p> 	<p>Cake</p>
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