

Autumn Menu 1

Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter		Corn on the Cob		Homemade Garlic & Coriander Flatbread served with Raita Dip DA G	
Main course	Beef Pasta Bolognese G	Mediterranean Fish Pie with Broccoli & Carrots F	Chicken Dinner with Potatoes, Cauliflower & Cabbage served with Puy Lentil gravy	Roast Vegetable, Chickpea & Mango Curry served with Brown Rice (V) SU MU CE	Homemade Fish Pattie, Root Vegetable Mash & Mushy Peas F SU G
Vegetarian option	Linda McCartney Mince Pasta Bolognese (V) SY G	Mediterranean Vegetable & Butterbean Pie with Broccoli & Carrots (V)	Quorn Dinner with Potatoes, Cauliflower & Cabbage served with Puy Lentil Gravy (V) E		Homemade Vegetable Pattie with Root Vegetable Mash & Mushy Peas (V) SU G
Dessert	Pear & Blackberry Crumble with Custard G DA		Semolina or Tapioca with Homemade Date & Plum Puree DA SU SY G		Lime & Coconut Loaf served with Low Sugar Custard G E DA SU

Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Mango & Pineapple		Brilliant Pink Beetroot Hummus with Veggie Sticks SU		
Main course	Reduced Salt & Sugar Baked Beans on Toast (V) G SY	Vegetable Broth and Brown Bread Triangles (V) G SY	French Toast served with Tomato Wedges (V) G MU DA SE	Cheese, Potato & Onion Pie With Mixed Beans in a Tomato Sauce (V) G DA MU	Ham Sandwiches Cheese & Tomato Sandwiches with Veggie Sticks G DA SY
Vegetarian option					Cheese & Tomato Sandwiches, Egg & Cress Sandwiches with Veggie Sticks (V) G DA SY E
Dessert		Lemon & Parsnip Muffin G E		Fresh Seasonal Fruit Salad	Yoghurt with Oat Crunch DA G

Snacks

Morning

Fresh fruit, Wholemeal toast & Pastries served with Milk or Water
G SY SE

Afternoon

Selection of Fruit & Vegetable Sticks served with Milk or Water
G SY SE

Allergen Codes

GLUTEN - G, EGG - E, FISH - F, NUTS - N, PEANUTS - PN, SOYA - SY, DAIRY - DA, CELERY - CE, MUSTARD - MU, SESAME - SE, SULPHITES - SU, LUPIN - LU, SHELL FISH - SF (Crustaceans and Molluscs)

Autumn Menu 2

Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter			Cheese & Chive Pinwheels G DA		Mixed Melon Slices
Main course	Mushroom, Pea & Red Pepper Barley Risotto (V) G DA	Turkey Casserole with Mashed Potato, Green Beans & Sweetcorn G CE	Sausage, Tomato & Butternut Squash Gnocchi or Pasta Bake Check allergens with chef	Mixed Fish & Butterbean Stew with Mediterranean Roast Vegetables G F	Cottage Pie topped with Sweet & White Potato Mash & Carrot with Broccoli CE
Vegetarian option		Mixed Bean Casserole with Mashed Potato, Green Beans & Sweetcorn (V) G CE MU SU	Vegetarian Sausage, Tomato, Chickpea & Butternut Squash Gnocchi or Pasta Bake (V) CE G SU DA SY	Butterbean & Mushroom Stew with Mediterranean Vegetables (V) G	Vegetarian Linda McCartney mince Cottage Pie served with the above (V) CE SY G
Dessert	Lentil & Blueberry Muffin G E DA	Plum Fool DA		Pear with Low Sugar Chocolate Custard DA	

Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter		Orange & Apple Smiles		Aubergine Dip with Cucumber & Carrot Sticks	
Main course	Egg, cucumber and cress sandwiches and cheese and tomato sandwiches (V) E DA G SY	Mackerel Pate with American Style Spinach Pancakes F E G DA	Chicken Tikka & Sweetcorn Cakes with Pitta Fingers & Mango Dip MU G	Ham & Pineapple Pizza G DA SY SE	Squash & Coriander Soup Brown Bread Triangles (V) G SY
Vegetarian option		Lentil Pate with American Style Spinach Pancake (V) E G DA SU	Chickpea Tikka & Sweetcorn Cakes with Pitta Fingers & Mango Dip (V) MU G SU	Vegetable Pizza (V) G DA SE SY	
Dessert	Fresh Fruit Platter		Natural Yoghurt with Sliced Banana DA		Cheese & Crackers with Sliced Apple G DA

Snacks

Morning

Fresh fruit, Wholemeal toast & Pastries served with Milk or Water
G SY SE

Afternoon

Selection of Fruit & Vegetable Sticks served with Milk or Water
G SY SE

Allergen Codes

GLUTEN - G, EGG - E, FISH - F, NUTS - N, PEANUTS - PN, SOYA - SY, DAIRY - DA, CELERY - CE, MUSTARD - MU, SESAME - SE, SULPHITES - SU, LUPIN - LU, SHELL FISH - SF (Crustaceans and Molluscs)

Autumn Menu 3

Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Garlic Bread G SE			Homemade Nachos with Guacamole G	
Main course	Tuna, Pilchard, Pepper & Sweetcorn Pasta Bake in a tomato & Herb Sauce G F DA	Pork, Butterbean & Sage Casserole with Leek Dumplings & Carrots G E DA SY	Cheesy Lentil Shepherdess Pie with Green Beans & Roasted Parsnips (V) SY G DA	Mild Beef & Bean Chilli with Brown Rice MU	Toad in the Hole Served with Bubble & Squeak & Puy Lentil Gravy Check allergens with chef
Vegetarian option	Courgette, Butterbean & Sweetcorn Pasta in A Tomato & Herb Sauce (V) G DA	Mixed Bean & Sage Casserole with Leek Dumplings & Carrots (V) G E DA SY MU		Mild Mixed Bean Chilli with Brown Rice (V) MU	Vegetarian Sausage Toad in the Hole with Bubble & Squeak & Puy Lentil Gravy (V) G SY SU E DA
Dessert		Peaches & Ice Cream DA	Fruits of the Forest Yoghurt DA		Cinnamon & Raisin Rice Pudding DA SU

Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter		Build Your Own Vegetarian Bruschetta SY G DA MU CE E SE			Cheese & Pineapple Sticks DA
Main course	Mixed Vegetable & Sweet Potato Wedges with a Red Pepper & Chickpea Dip (V) SU	Tomato & Lentil Soup	Baked Potato with Reduced Salt & Sugar Baked Beans & Cheese (V) DA	Coronation Chicken Wrap with Carrot Sticks MU G E	Salmon & Cream Cheese Bagel with Cucumber Sticks F SE SY G DA
Vegetarian option				Egg Salad Wrap with Carrot Sticks (V) G E	Bagel with Kidney Bean & Cream Cheese Dip & Cucumber Sticks (V) SE SY G DA SU
Dessert	Fresh Fruit Platter		Fruit Shortbread and Homemade Banana Milkshake G DA	Set Apple & Blackberry Custard DA	

Snacks

Morning

Fresh fruit, Wholemeal toast & Pastries served with Milk or Water
G SY SE

Afternoon

Selection of Fruit & Vegetable Sticks served with Milk or Water
G SY SE

Allergen Codes

GLUTEN - G, EGG - E, FISH - F, NUTS - N, PEANUTS - PN, SOYA - SY, DAIRY - DA, CELERY - CE, MUSTARD - MU, SESAME - SE, SULPHITES - SU, LUPIN - LU, SHELL FISH - SF (Crustaceans and Molluscs)